

Bell Pepper and Squash Sauté



BELL PEPPER AND SQUASH SAUTÉ

ingredients

1-2 tablespoon light tasting cooking oil
1 medium onion, sliced or chopped
¾ teaspoon garlic powder or 3 garlic cloves, minced
1 bell pepper, sliced or chopped
4 medium or 3 large yellow squash, zucchini, or a combination
1 ½ teaspoons of your favorite dried spice blend
Salt & black pepper

Optional:

Grated cheese, nuts or seeds, olives, or fresh herbs

directions

Heat oil over medium heat in a large skillet. Add onions and cook for about 4 minutes until translucent, stirring frequently so they don't burn.

To the skillet, add garlic, squash/zucchini, and bell peppers. Season with salt, pepper, and spice mixture. Toss to evenly coat vegetables with the spices. Cook on medium-high until squash and peppers are tender, stir occasionally.

Serve warm and add any toppings you like.

notes

You can use fresh or jarred garlic instead of garlic powder.