

Sautéed Onions and Peppers

Cooked peppers and onions are a great combination and make a tasty side dish or topping for a sandwich. It's a quick and easy way to add healthy vegetables to a meal!

Ingredients:

Peppers (you can use any variety, like bell, banana, or Italian)

Onions (you can use any variety that you like, like yellow onions, Bermuda, or Spanish)

Olive oil spray

Tomato sauce (optional)

Turkey sausage (optional)

Whole grain roll (optional)



Directions:

Slice peppers and onions.

Spray frying pan with olive oil spray. Sauté onions and peppers until very soft and onions are lightly brown in color. Add tomato sauce to taste, if you desire.

Serving suggestion: Serve grain roll.

over turkey sausage on a whole

