

Sauteed Vegetables

1 pack sliced mushrooms
½ yellow bell pepper (sliced)
½ red bell pepper (sliced)
½ orange bell pepper (sliced)
Fresh basil pulled from stem
1 pack snap peas
1 Tb minced garlic
Salt and pepper to taste
Olive Oil

Rinse all vegetables.

Heat large skillet on medium/high heat then add 2-3 Tb olive oil. Dump all vegetables and garlic into skillet and season with salt and pepper. Add 2 Tb water and cover for 4-5 minutes. Stir, remove from heat, add basil then cover again and let sit 3-4 minutes. Blend the wilted basil into the vegetables. Enjoy with rice.

