



Sauteed Festive Sweet Bell Peppers

Add some red, yellow, orange, and green peppers to your dishes

2 Tablespoons avocado or olive oil

1/2 large sweet bell peppers in each color, seeded, cut into thin strips

1/2 teaspoon dried thyme or favorite herb or to taste

1/2 teaspoon fine sea salt

- Heat oil in large skillet over medium heat.
- Add sliced peppers; season with herbs and salt.
- Cook, stir occasionally, until peppers are tender and starting to brown or desired tenderness, about 10 to 15 minutes
- Serve with sandwiches, snacks, or main dishes

Cook's Note: We often cook bell peppers, mushrooms, and onions to use on our uncooked frozen meat or cheese pizza. We let each guest have fun decorating their slices with the add-ons. Then bake the veggie decorated pizza according to the package directions.



About the Recipe: These colorful peppers add festive colors to any sandwich, snack, or main dish. They are quick and so easy to make. The sautéed peppers are a fantastic flavor ingredient to add to any dish.