

Sauteed Green and Yellow Peppers

Exchanges: 1 vegetable

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- ½ cup green bell pepper, seeded and cut into thin strips
- ½ cup yellow bell pepper seeded and cut into long, thin strips
- 1 tsp extra virgin olive oil
- 1 tsp spices, Mrs. Dash Garlic

Cut bell peppers into thin strips. In a medium size skillet, heat oil over medium high heat until hot. Saute peppers until crisp tender. Season with garlic herb seasoning and serve.

Servings: 2

Yield: ½ cup servings

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Nutrition Facts

Serving size: ½ of a recipe (3.1 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	40.4
Calories From Fat (53%)	21.28
% Daily Value	
Total Fat 2.41g	4%
Saturated Fat 0.35g	2%
Cholesterol 0mg	0%
Sodium 2.13mg	<1%
Potassium 187.85mg	5%
Total Carbohydrates 4.79g	2%
Fiber 1.07g	4%
Sugar 0.89g	
Protein 0.8g	2%

Recipe Type: Side Dish, Vegetables, Vegetarian

Source

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