



# Classic Sauteed Peppers & Onions 3 servings

## INGREDIENTS

- 1 large bell peppers
- 1 medium onion
- 1 Tbsp olive oil
- Salt & pepper to taste

## DIRECTIONS

1. Wash pepper, halve from stem to bottom, core and remove seeds. Peel onion, halve vertically.
2. Thinly slice pepper and onion halves vertically (from top to bottom).
3. Heat oil in a large skillet over medium high heat. Add onions, sauté for 2 minutes until onions begin to brown and soften. Stir often.
4. Add peppers to onions and combine. Season with salt and pepper. Cook for an additional 2 minutes until peppers are just tender and color is still vibrant.
5. Serve and enjoy!



**Vermont  
Foodbank**  
VT Fresh

**Become a Recipe Tester and enter to win a \$100 gift card!**

Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](http://vtfoodbank.org/vtfresh)

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.