

# BROCCOLI RED PEPPER STIR FRY

SERVES 4

Bright in color, lively in taste and fast to fix.

## INGREDIENTS

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|---|--|
| 1 teaspoon olive oil                              | 1 large red bell pepper<br>(washed, cored and cut into short strips) |
| 1 teaspoon walnut oil                             | 1 medium onion (peeled and cut into slivers)                         |
| 2 large cloves garlic (peeled and finely chopped) | 1 tablespoon lemon juice   |
| 3 cups broccoli florets                           | ½ teaspoon salt  |
| 2 tablespoons water                               |  |

## DIRECTIONS

1. Prepare all ingredients before starting to cook
2. Heat oils in large skillet over high heat.
3. Add garlic and sauté only until slightly cooked; do not brown.
4. Immediately add broccoli.
5. Stir fry continuously until all broccoli has turned to a bright green color.
6. Add 2 tablespoons water, cover and remove from heat for 2 minutes.
7. Return skillet to high heat. Add red pepper and onion.
8. Continue to cook, stirring for another 2-3 minutes. Vegetables will be crisp and brilliant in color when properly cooked.
9. Toss with lemon juice and salt and serve.

**NUTRITIONAL INFO:** Serving Size: ¼ of recipe, Calories: 61, Total Fat: 2.7 grams (g), Cholesterol: 0 milligrams (mg), Sodium: 308mg, Total Carbohydrate: 9g, Dietary Fiber: 3g, Protein: 2g.



## Did you know?

This recipe has 1 cup of vegetables per serving!

### Each serving provides:

An excellent source of vitamins A and C, and a good source of folate and fiber.

Recipe courtesy of Fruits & Veggies—More Matters®  
[www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org)

## SIMPLY GOOD EATING



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