



Stoplight Pepper Pasta

This is the type of recipe you can add or substitute any of your favorite veggie ingredients and it will still turn out! Feel free to double the recipe and eat the leftovers as a cold salad the next day. This is a versatile, delicious meal!

Ingredients:

- 1 small box penne pasta (try whole wheat pasta) or rice
- 1 T. olive oil
- 1 clove garlic, chopped (or 1 T. minced garlic from a jar)
- Peppers: 1 green, 1 red, 1 yellow (or orange)
- 1 small onion (your preference, red or white)
- ½ container sliced mushrooms (optional)
- 1/4 cup balsamic vinegar
- 1 T. chopped basil
- 1 tsp. coarse black pepper
- 1 tsp. sugar (optional)
- 2 tsp. sea salt
- Parmesan cheese (optional)

Directions:

1. In large pan, cook pasta per directions.
2. While pasta is cooking, heat olive oil in large skillet or wok over medium heat.
3. Chop garlic and slice onions and saute in oil over medium heat.
4. Slice peppers into strips and add to skillet.
5. Wash mushrooms and add to veggie mixture.
6. Sprinkle sea salt, sugar (optional) and balsamic vinegar over vegetables and stir.
7. Drain pasta and serve veggies over pasta. Sprinkle with parmesan cheese if desired. Enjoy!

Nutritional info is dependent upon the ingredients you use, but in general, this recipe is low-calorie, low-fat, highly nutritious, and extremely delicious. Questions? Call me at 701-757-1808.