



Everything Herbal

by Cheryl Jabz

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Cheryl's RED, YELLOW, ORANGE PEPPERS WITH VEGGIES & HERBS

A colorful, sweet, and savory vegetable dish that works as a side, topping, or light meal.



INGREDIENTS:

- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 orange bell pepper, sliced
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 carrots, thinly sliced
- 1 small onion, sliced
- 3 cloves garlic, minced
- 2 tbsp olive oil



INSTRUCTIONS:

- ① Heat olive oil in a large skillet over medium-high heat.
- ② Add carrots and onion first; cook 4 minutes.
- ③ Add peppers, zucchini, and squash. Stir fry or sauté 6–8 minutes until tender-crisp.
- ④ Add garlic and herbs. Cook 1–2 more minutes until fragrant.
- ⑤ Season with salt and pepper.



HERBS & SEASONINGS:

- 1 tsp dried basil
- 1 tsp parsley
- ½ tsp oregano
- ½ tsp thyme
- Salt & pepper to taste
- Pinch red pepper flakes (optional)



OPTIONAL FLAVOR BOOSTERS:

- Fresh lemon juice
- Parmesan cheese
- Balsamic glaze
- Splash of soy sauce
- Butter for richness



SERVE WITH:

- Grilled chicken
- Steak
- Rice bowls
- Pasta
- Eggs for breakfast hash



PRO TIP:



The mix of red, yellow, and orange peppers gives natural sweetness, so this dish tastes amazing with garlic and herbs.



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