

RECIPE OF THE WEEK: PALEO EDITION

Grilled Peppers and Tomatoes

Ingredients:

1 large onion
2 medium bell peppers
2 medium tomatoes
1 tbsp olive oil
Salt & pepper, to taste
Optional Spices: bay leaf, turmeric, curry, parsley, oregano, basil (“not all together!”)

Instructions:

Split the bell peppers in half and remove stems, seeds, and membrane. Chop all vegetables into 1-inch squares, then sauté in a skillet with the olive oil for about 5 minutes on medium-high heat, until the peppers start to become soft and the tomatoes start to dissolve.

Nutritional Info (per serving):

141 k/cal Calories
3g protein
19g carbohydrates
5g fiber
10g sugar
7g fat

Prep Time: 10 minutes

Difficulty Level: Easy

Servings: 2

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

