

Red Peppers and Mushrooms



Serves 4

Ingredients:

- 2 red bell peppers, chopped
- 2 tbsp olive oil
- 4 cups mushrooms, sliced
- $\frac{1}{2}$ tsp curry powder
- 5 cloves garlic, chopped
- $\frac{1}{4}$ cup pecans, chopped

Procedure:

- Sauté the red peppers in the olive oil for 5 minutes over medium heat.
- Add the mushrooms, curry powder, and garlic, and cook for 5 – 10 more minutes.
- Sprinkle with the chopped pecans, and serve right away.

Per serving:

- Calories:133
- Protein: 2 gm
- Carbohydrates: 6 gm
- Fat: 11 gm

This makes a quick, healthy and very balanced side dish.