



Mushrooms & Peppers

Instructions:

Coat a pan with 3 seconds of pam. Add the mushrooms and cook on a medium flame for 5 minutes.

Add the peppers and cook for another 3 minutes.

Add the rest of the ingredients and stir.

1/2 plate counts as 1 dinner side

Prep Time:

10 minutes

Cook Time:

10 minutes

Ingredients:

1 cup red bell pepper - diced

8 oz. mushrooms - sliced

2 cloves garlic - chopped

1 tsp. thyme

2 TBSP. white cooking wine

salt & pepper to taste

Pam