



## Sautéed Snap Peas & Red Bell Peppers

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

49 calories, 5.36 g carbohydrate, 1.85 g fiber, 3.51 g NET carbs, 1.62 g protein, 2.43 g fat

#### Ingredients

- 2 tsp(s) organic avocado oil
- 3 cup(s) whole organic snap peas
- 1 medium organic red bell pepper, cored and sliced thin

#### Preparation

1. Heat a safe nonstick skillet or wok over medium high heat.
2. Add oil.
3. Saute veggies until crisp-tender - about 3 minutes.
4. Serve.

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