

## **Stir-fried Summer Vegetables**

1 medium onion, peeled, thinly sliced and separated into rings

1 medium zucchini, cut into very thin strips

1 small to medium sweet red (bell) pepper, cored, seeded and cut into very thin strips

1 small to medium sweet yellow (bell) pepper, cored, seeded and cut into very thin strips

1 to 2 tablespoons extra virgin olive oil

Season to taste with Sea salt and ground pepper

Directions: Prepare vegetables for cooking. In a T-Fall Wok/frypan, stir-fry onion rings, using a wooden spoon in olive oil over moderate heat for 2 minutes. Add zucchini and sweet peppers; continue to stir-fry vegetables for about 5 to 6 minutes or until vegetables are crisp tender but not mushy. Season to taste with sea salt and freshly ground pepper.

Serve 4 to 6 people