

Balsamic Peppers & Onions

Makes: 4 side dishes

Ingredients

- 2 tbsp olive oil
- 2 tbsp water
- 4 large onions, halved & thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 2 garlic cloves, minced
- 2 tbsp balsamic vinegar
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp ground pepper



Instructions

Heat the olive oil in a large non-stick pan on a medium heat.

Add the onions and water, cover and cook, stirring occasionally, until the onions are softened and lightly browned, about 30 minutes.

Stir in the sliced peppers, and cook until tender, about 10 minutes.

Stir in the garlic, balsamic vinegar, oregano, salt and pepper. Cook for 1 minutes.

Serve or store in an airtight container in the refrigerator.

Nutrition information:

Each Serving:

Kcal	100
Fat	1g
Net Carbs	9g
Protein	2g