

Vegetable Saute

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Ingredients

- 1 large onion, chopped
- 2 cups sliced mushrooms (fresh is better, but canned works well, too)
- 1 red pepper, cut into small pieces
- 1/2 cup frozen or canned spinach
- salt and pepper to taste

Method

1. Saute onion until clear.
2. Add mushrooms and pepper. Saute until soft.
3. Add spinach. Saute a few minutes until well mixed.
4. Add salt and pepper to taste.

I like to make a huge batch of this and keep it in the fridge to use over the next few days. Feel free to adjust ingredients and quantities to your taste. It is very versatile, and you can use this recipe in so many ways. Here are a few ideas:

- Eat it just like this!
- Sprinkle on some mozzarella and warm it up to melt the cheese
- Add it to omelette or scrambled egg
- Stuff in a pita bread with lettuce. (Optional- add melted mozzarella)
- Add browned chopped meat or grilled chicken slices
- Use as stuffing for rolled roast
- Add 6 eggs and 1 1/2 cups shredded cheese to make a quiche
- Use as pizza topping

