

## Cauliflower and Bell Peppers©

### Ingredients:

1 head	cauliflower, cut into florets
2 oz.	Kerry Gold™ butter
2 Tbsp.	olive oil
1 cup	onions, cubed
1 yellow	bell pepper, cubed
1 red	bell pepper, cubed
1 Tbsp.	garlic, minced
1 Tbsp.	Herbes de Provence or oregano, marjoram or thyme
2 tsp.	lemon pepper
1/2 tsp.	salt
2 Tbsp. fresh	parsley, chopped

### Method:

Steam cauliflower on a plate covered with plastic in the microwave for about five minutes.

Spray a large pot with Pam™. Melt butter, add oil, onions, bell peppers and garlic and sauté tender crisp. Add Herbes de Provence, lemon pepper and salt and heat through.

Put mixture in a serving bowl and decorate with chopped parsley.

*Hint: Use broccoli, green beans, Brussels sprouts, etc. instead of the cauliflower.*

