



## Recipes

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# Sautéed Vegetable Mixture

Serves 1

### Ingredients:

- 3 Tbsp. Olive Oil
- 3 cups Mushrooms , sliced
- 3 cups Bell pepper, julienned
- 6 cups Baby spinach
- 1 1/2 cups Green Onions , chopped
- As needed Salt
- As needed Black Pepper

### Directions:

