

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Fall Harvest Stir-fry



Two peppers (color of your choice)

One small white onion

One small zucchini

One small yellow crookneck squash

One package of sliced mushrooms

2-3 cloves of garlic, coarsely chopped

Olive oil

Salt and pepper

Chop the vegetables into uniform bite sized pieces (about 1 inch). Drizzle oil into frying pan and warm over med/med-high heat. Add all vegetables to the pan except the garlic and cook 3-4 minutes. Add the garlic and cook 3-4 minutes more. Take off the heat and add salt and pepper to taste. Serve as a side or mix with your favorite marinara sauce and serve over pasta.