

## SWEET & SPICY VEGETABLES

- 1 each red & yellow bell peppers, salt & pepper, to taste  
cut into 2" cubes
- 1 red onion, cut into 6 wedges
- 2 Tbsp extra virgin olive oil
- 1 can (8 oz) pineapple chunks
- ½ cup **TSG Island Ponzu Grilling Sauce**

1. Coat a medium sauté pan with Olive Oil. Preheat over Medium heat for about 3 minutes. Add vegetables and sprinkle with salt & pepper. Stir in Island Ponzu Sauce.
2. Sauté vegetables over Medium heat until tender and sauce thickens. Drain juice from pineapples and stir in chunks at very end just to warm through, about 3 min.
3. Transfer vegetables to a serving plate or bowl.