

RECIPE | TOMATOES

EXTREME BEEFSTEAK BOWL



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INGREDIENTS

1 Pure Flavor® Beefsteak tomato, cut into 1" chunks

¼ cup Pure Flavor® yellow Sweet Bell Pepper, diced

1 cup zucchini, cubed

¼ cup onion, diced

½ tbsp. low fat mayo

2-3 tbsp. fresh parsley, chopped

Salt and pepper to taste

1 tbsp. olive oil

DIRECTIONS

1. Combine all vegetable ingredients in a small sauce pan with olive oil. Cook on medium-high until veggies are tender, (about 20 minutes) stirring occasionally.
2. Remove from stove top and mix in the mayonnaise.
3. Add parsley and salt and pepper to taste.
4. Serve as a side dish or over your favorite pasta or rice.
5. Sprinkle with grated Parmesan (optional).



TOTAL TIME

25 minutes

PREP TIME

5 minutes

COOK TIME

20 minutes

SERVES

2

COOKING LEVEL

Easy