

## **Vegetable Sauté, Creole Style**

3 Red Bell Peppers, cored and julienned  
3 Green Bell Peppers, cored and julienned  
3 Yellow Bell Peppers, cored and julienned  
1 pound Fresh Zucchini, peeled and julienned  
1 pound Fresh Broccoli florets, separated  
1 gallon water  
¼ cup powdered crab boil  
3 tablespoons of vegetable or olive oil

Blanch all vegetables in crab boil and boiling water for 2 ½ to 3 minutes  
Drain the water and roll vegetables into a hot sauté pan with oil. Cook until  
vegetables are al dente, not soft.  
Season with salt and pepper, taste, adjust seasoning as necessary.

12 servings

Recipe courtesy of Stephanie Graf at Commander's Palace Restaurant in New Orleans, LA.