

Veggie Fajitas

Makes 5 servings

1 medium onion, diced
3 garlic cloves
2 Poblano peppers, diced
2 medium zucchini, diced
1 T Paprika
1 1/2 t cumin
2 t butter
1 T cider vinegar
3 T chopped cilantro
1 cup 2% shredded cheese Mexican blend
5 10" flour tortilla



Put a small splash of water in a nonstick pan and add onions, garlic, peppers, and zucchini. Cover and cook on a medium heat for 3 minutes. Remove cover, add paprika, cumin, butter, and vinegar, mix and continue to heat for another minute. Turn off heat, add cilantro and mix. Place a small handful of cheese and 1/5 of the vegetables on half of each tortilla. Fold the other side over, lightly grease each side of the tortilla, and using a flat pan or griddle, heat the fajita just under a minute each side until golden brown. Enjoy with salsa, lime wedges, and fat free sour cream.

Nutrition information: 310 calories, 10g fat (5g saturated fat), 16g protein, 640mg sodium, 8g dietary fiber. Excellent source of: vitamin A, vitamin C, calcium and iron.

