



Vegetarian Fajitas

6 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 Tablespoon olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced
- 1 cup matchstick carrots
- ½ red onion, sliced
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- ½ teaspoon salt

DIRECTIONS

1. Heat oil in a skillet over medium-high heat.
2. Add vegetables and spices.
3. Sauté for 7 – 10 minutes or until tender

Nutrition Facts

6 servings per container
Serving size 1/2 cup (117g)

Amount per serving

Calories **60**

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 295mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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