

Heart Healthy Fajitas

This healthy fajita recipe is an explosion for your taste-buds. Enjoy healthy veggies paired with vibrant spices for a delicious meal for one.



INGREDIENTS

- 1/3 tsp whole cumin seed
- 1/8 tsp paprika
- 1 dash black pepper
- 1/8 raw eggplant, peeled and cut into strips
- 2/3 tbsp coconut oil
- 1/6 tsp chili powder
- 1 dash salt
- 2/3 clove diced, raw garlic
- 1/6 medium zucchini, cut into strips
- 1/6 medium red bell pepper, cut into strips
- 1/8 cup raw coriander (cilantro) leaves
- 1/6 cup shredded green leaf lettuce
- 1/3 avocado
- 1/3 medium tomato, diced
- 1 organic sprouted grain tortilla or coconut wrap
- 1/3 small raw onion, diced
- 1/6 raw lime, squeeze for juice
- 1/6 jalapeño pepper cut into strips
- 14 oz can red, ripe whole tomatoes
- 1/8 tsp red or cayenne pepper
- 1/6 medium summer squash (or any variety) cut into strips

PREPARATION

1. Preheat oven to 400 degrees F. Lightly oil two cookie sheets.
2. In a small bowl mix together oil (may need to be melted), cumin, paprika, chili powder, salt, pepper and garlic.
3. Place eggplant, zucchini, squash, bell pepper and onion on cookie sheets and lightly brush with oil mixture.
4. Place in oven and roast for 20-25 minutes or until eggplant is tender. Be sure to turn vegetables at least once.
5. Meanwhile heat the tortillas by wrapping it in foil and placing it in warm oven for 5-8 minutes. Do not overheat or it will crack and fall apart.
6. To make salsa, prepare food processor.
7. Place onion and garlic in food processor and pulse several times until onion has a coarsely chopped, but not over processed appearance.
8. Add cilantro, jalapeno, lime juice, tomatoes, and hot cayenne pepper.
9. Process until salsa is desired consistency but not mushy.
10. Add salt and pepper to taste.
11. Arrange vegetables separately on a serving platter and serve hot. Place avocado, tomatoes, and lettuce on a serving tray.
12. Serve warm vegetables, cold vegetables, salsa and tortilla (or wrap) together.

NUTRITIONAL

Calories 434; fat 23.4g; carbohydrates 52.4g; protein 11.8g; fiber 14.1g; sodium 1,378mg

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