



# 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

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

## PREPARATION

1. Preheat oven to 400 degrees. 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 tortilla 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, diced 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, whole tomatoes, and lettuce on a serving tray.
12. Serve warm vegetables, cold vegetables and salsa together.

## NUTRITION

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

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