

Easy Fajita Veggies

Veggies and protein are easily the hardest foods I hear people struggle to get in their day. I get it; I'm in the same boat. That's why I love making a big batch of veggies at the beginning of the week (in addition to my easy steamable)- ones that can be used in multiple ways. These easy fajita veggies are just that; use them in salads, sandwiches, burgers, fajitas, quesadillas, quiche, pasta or rice bowls, omelets, and more to add fiber and flavor! They will take you a little under 30 minutes, EASY PZ!

Ingredients:

- 2 tbsp Extra virgin olive oil (any oil works)
- 1 large Green bell pepper, julienned into sticks
- 1 large Red bell pepper, julienned into stick
- 1 medium Onion, thinly sliced
- 1 tsp Oregano
- 2 tsp Ground cumin
- 1 tsp Ground black pepper

Directions:

1. Heat oil in a skillet over medium-high heat. Add the peppers and onion. Stir to coat the peppers and onion with oil.
2. Sprinkle the oregano, cumin, and black pepper over the peppers and onion. Stir and continue to cook until the veggies are tender.
3. Serve warm or cold. Refrigerate the leftovers in an airtight container for up to 6 days.

Servings: 4
 Serving size: 1/4th whole recipe

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	95.4 kcal	5 %
Total Fat	7.2 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	6 mg	0 %
Total Carbohydrate	7.9 g	3 %
Dietary Fiber	2.3 g	9 %
Sugars	3.9 g	
Protein	1.3 g	3 %
Vitamin A	29 %	• Vitamin C 146 %
Calcium	3 %	• Iron 7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		