

Mixed Veggie Fajitas

Makes 10 fajitas

Ingredients

- 2.5 tbsp. light oil (canola or olive)
- 4 bell peppers – 2 green, 1 red, 1 orange
- 1 red onion
- 1.5 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. paprika
- 10 oz. button mushrooms
- 1 tbsp. minced garlic
- 10 whole wheat tortillas

For toppings:

- 2 avocados
- 1 cup salsa
- 1 cup Greek yogurt

Directions:

- Wash all veggies and remove outer layer of onion.
- Slice the peppers and mushrooms into thin strips.
- Slice the onion from top to bottom; then slice into thin strips.
- Turn on the stove-top burner to medium-high heat and place sauté pan on burner.
- Pour oil into pan and allow to heat up (roughly 2 minutes).
- Measure out your seasonings (chili powder, cumin, salt, and paprika) and combine all seasonings into a small dish. Set dish aside.
- CAREFULLY place peppers, onions, and seasoning blend into pan. Heat for 5-7 minutes, stirring continuously.
- Add mushrooms and garlic to pan. Heat for another 5-7 minutes or until softened, stirring continuously. Turn off the burner.
- Fill tortillas with fajita filling.
- Prepare avocado: cut open avocado, remove large pit, and cut into cubes
- Top your fajita with preferred toppings (avocado slices, salsa, and Greek yogurt) and enjoy!

How your junior chef can help:

- Washing veggies
- Practicing slicing and chopping veggies using kid-safe knife, and practicing safe cutting techniques
- Measuring spices and oil
- Using pan and stove-top burner only with adult supervision
- Adding fajitas and toppings to tortilla



Note: Make sure oven and sharp objects in the kitchen are always handled by the adult.