

Cornell University
Cooperative Extension

Veggie Fajitas

- 2 tablespoons canola oil
- 1 medium red onion, thinly sliced
- 1 medium green pepper, cut in strips
- 1 medium red pepper, cut in strips
- 1 medium zucchini, cut in slices
- 1 teaspoon ground cumin or fajita seasoning
- 1 medium tomato, cut into 8 wedges
- 8 whole wheat flour tortillas
- 1 15-oz. can pinto beans
- ½ avocado, diced



1. Wrap tortillas in foil and bake at 350° until heated through
2. Heat pinto beans in saucepan, drain to serve
3. In a large skillet, heat oil over medium heat for 5 min.
4. Add onions and peppers, stir to coat with oil
5. Cover and cook for additional 5 min.
6. Add tomato wedges during last minute of cooking
7. Stir in squash and cumin or fajita seasoning
8. Add pinto beans and vegetables to tortillas, top with avocado, roll up and enjoy

Makes: 4 servings

Nutrition Information:

CALORIES 470 (30% from fat); FAT 15g (sat 2g); CHOLESTEROL 0mg; SODIUM 390mg; CARBOHYDRATE 69g; FIBER 17g; PROTEIN 17g; CALCIUM 15%; IRON 30%

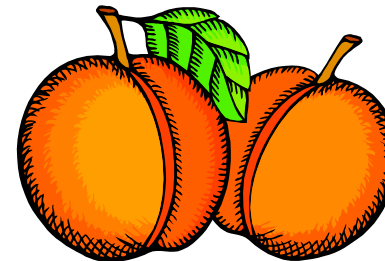


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Grilled Peaches

- 4 Peaches
- 1 tablespoon olive or vegetable oil
- 2 cups low-fat cottage cheese

1. Cut peaches in half, brush with oil
2. Grill, cut sides down, until soft with char marks (about 4 min.)
3. Serve with cottage cheese



Makes: 4 servings

Nutrition Information:

CALORIES 170 (26% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 460mg; CARBOHYDRATE 17g; FIBER 2g; PROTEIN 15g; CALCIUM 8%; IRON 4%