**Don’s Fajitas**

**Produce**

1 head garlic(if needed)

1 yellow onion

leaf lettuce (if needed)

1 bunch fresh cilantro

1 green pepper

1 red pepper

1 Anaheim pepper

1 jalapeno pepper

2 ripe avocados

2 limes

3 Roma tomatoes

**Canned/Dried Food**

one 15 oz. can no-salt chopped tomatoes

low-sodium vegetable broth (if needed)

ground cumin (if needed)

**Frozen Food**

Plant-based Chik’n Strips of choice (if eating meatless)

**Meat Fish & Poultry**

1 boneless, skinless chicken breasts (if eating meat)

**Chilled Foods/Dairy**

Extra-sharp cheddar cheese

plain, nonfat yogurt (if needed)

1 pint fresh tomato salsa *(if not making quick low-sodium salsa)*8” corn tortillas