

# Don's Fajitas

Everybody gets to play a part in dinner preparations tonight! As I've said on previous occasions, fajitas just taste better when everyone gets to build their own. This is an easy and delightful way for family and friends to enjoy an evening meal!

This fajita celebration will be even more special when you make your own condiments.

**Preparation Time: 35 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

I like to prep and organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). When making fajitas, once the prep is complete it goes right to the table. There are 2 different onion preps: 1 C. sliced onion for the fajitas and 1/2 C. chopped onion for salsa. Prep 5 cloves chopped garlic: Fajitas (2 cloves), Salsa (2 cloves) and Guacamole (1 clove).

### Plant Based Choice or Chicken Option

#### Plant-based Choice:

1 tsp. olive oil  
15-20 Morningstar Chik'n Strips  
1/4 C. white wine

#### Chicken Option:

1 tsp. olive oil  
2 boneless skinless chicken breast  
1/2 C. white wine

### Quick, Low-sodium Tomato Salsa

2 cloves garlic (smashed and chopped)  
1 Anaheim pepper (seeded and quartered)  
1/2 of a Jalapeno pepper (seeded and finely chopped)  
1/4 C. fresh cilantro (chopped)  
1/2 C. yellow onion (chopped)  
juice from 1 lime  
1/4 tsp. salt  
one 15 oz. can no-salt tomatoes

### Fajitas

#### Seared Vegetables:

1 tsp. olive oil  
1 C. medium yellow onion (sliced 1/8" thick)  
2 cloves garlic (smashed and chopped)  
2/3 C. green bell pepper (seeded, cut into strips)  
2/3 C. red bell pepper (seeded, cut into strips)  
1/4 C. low-sodium vegetable broth  
1 tsp. chili powder  
1/4 tsp. ground cumin

four 6" whole-wheat flour tortillas

#### Additional Condiments:

2 ripe Roma tomatoes (chopped)  
6 large red-leaf lettuce leaves (washed, rolled together and sliced)  
1/3 C. extra-sharp cheddar cheese (shredded)  
1 C. nonfat, plain yogurt (stirred smooth)

### Guacamole

1 clove garlic (smashed and chopped)  
1/2 Jalapeno pepper (finely-chopped)  
1/4 C. cilantro leaves (finely-chopped)  
2 ripe avocados (peeled and sliced)  
juice from 1/2 lime  
OPTIONAL: 1/4 tsp. ground cumin

### Fruit Finish

2 kiwis (halved)  
- or -  
1 orange (cut into 1/4" slices and halved)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

You'll be cooking the meat and searing the onions and peppers tonight. Beyond that, most of the prep goes right to the table. It's one of those family-style dinners.

### Plant-based Choice or Chicken Option

#### Plant-based Choice:

1. Brown Chick'n strips in 1 tsp. olive oil over medium-high heat. Add ¼ C. white wine, cover and cook until wine disappears.
2. When cool enough to handle, slice in half lengthwise.

#### Chicken Option:

1. Coat sauté pan with olive oil. Begin sautéing chicken on medium-high heat. Sauté until both sides are golden brown.
2. Add ½ C. white wine, cover and cook 5 minutes per side. Remove from heat and allow to cool. When cool enough to handle, thin-slice for fajitas.

#### Quick, Low-Sodium Tomato Salsa:

#### **Quick, Low-sodium Tomato Salsa/Guacamole**

If using a food processor, chop all ingredients (except diced tomatoes) until chopped fine. Add tomatoes and pulse a few times to mix.

If making by hand, combine all ingredients in a medium-sized bowl. Stir well and let stand.

#### Guacamole:

Combine all ingredients by mashing with a fork in a medium-sized bowl. Stir well and set aside.

#### Searred Vegetables:

#### **Fajitas**

1. Heat oil in a sauté pan until it begins to shimmer. Drop in sliced onions, garlic and peppers. Brown slightly.
2. Add vegetable broth and spices. Sauté 2-minutes. Remove from heat. Transfer to a bowl.

#### Tortillas and Condiments:

Warm tortillas in microwave by sprinkling each with water and stacking tortillas between two serving plates. Microwave 40 seconds. (If you don't have a microwave, warm them individually in a 9" non-stick pan on the stovetop.) Arrange all ingredients and condiments in separate dishes on counter-top or at the table. Allow diners to assemble their own fajitas.

\* Serve fruit as a side dish alongside each plate.

### What I've Learned from this Recipe

When cooking plant-based Chick'n strips, I prefer the strips to be more thinly sliced. Slicing them lengthwise presents pieces that have a better mouthfeel. I even break the thin slices into irregular lengths.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)