

Chicken Fajitas with Zucchini and Black Bean Salad

Serves 4. Total time 30 minutes.

Chicken Fajitas

1 T. olive oil, divided	8 oz. fresh sliced mushrooms (2 cups)
1 pound boneless, skinless chicken breasts, cut into 2-inch strips	3 cloves garlic, minced
1 tsp. cumin	1 small green bell pepper, sliced into strips
1 tsp. chili powder	1 small red bell pepper, sliced into strips
$\frac{1}{4}$ tsp. salt	4 (10-inch) whole wheat tortillas
freshly ground black pepper to taste	$\frac{1}{2}$ cup finely shredded reduced-fat cheddar cheese
$\frac{1}{4}$ cup water	4 T. light sour cream or plain nonfat yogurt
1 medium onion, thinly sliced	

Directions:

1. Warm $\frac{1}{2}$ T. of oil in a large skillet over medium-high heat. Add chicken and sprinkle with cumin, chili powder, salt, and pepper; sauté until golden brown. Add water and simmer for about 5 minutes until chicken is cooked through. Remove chicken from pan and set aside.
2. Add remaining $\frac{1}{2}$ T. of oil to skillet with onions, mushrooms, and garlic; sauté 5 minutes. Add green and red bell pepper; sauté 3 minutes or until tender. Return chicken to pan and heat through.
3. Top tortillas with chicken mixture, cheddar cheese, and sour cream; roll up.

Zucchini & Black Bean Salad

$\frac{1}{2}$ T. olive oil	1 cup cooked black beans
3 small zucchini, chopped (about 4 cups)	1 cup frozen corn, thawed
$\frac{1}{2}$ tsp. salt-free herb seasoning (such as Mrs. Dash®)	2 Roma tomatoes, chopped

Directions:

1. While onions and mushrooms are cooking, warm oil in another large skillet over medium-high heat. Add zucchini and herb seasoning; sauté 5 minutes until golden. Add black beans, corn, and tomatoes; cook 2 minutes to heat through.

Total Meal Nutrition Information (per $\frac{1}{4}$ of each recipe): 492 calories, 43 g protein, 15 g fat, 4 g saturated fat, 55 g carbohydrate, 11 g fiber, 86 mg cholesterol, 513 mg sodium
1 serving equals: 2 whole grain, 1.5 protein/ dairy, 4 vegetable, 1 fat

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Shopping List

Produce Section

- 8 oz. fresh sliced mushrooms (2 cups)
- 3 small zucchini
- 1 small green bell pepper
- 1 small red bell pepper
- 2 Roma tomatoes
- 1 medium onion
- 3 cloves garlic

Dry Goods Section

- 4 (10-inch) whole wheat tortillas
- 1 (15 oz.) can black beans (see tip #1) or 1 package dried black beans prepared ahead
- 1- $\frac{1}{2}$ T. olive oil
- 1 tsp. cumin
- 1 tsp. chili powder
- $\frac{1}{2}$ tsp. salt-free herb seasoning (such as Mrs. Dash®)

Meat/ Dairy Section

- 1 pound boneless, skinless chicken breasts
- $\frac{1}{2}$ cup finely shredded reduced-fat sharp cheddar cheese (see tip #2)
- 4 T. light sour cream or plain nonfat yogurt

Freezer Section

- 1 cup frozen corn

Smart Shopper Tip #1:

Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.

Smart Shopper Tip #2:

Cheeses offer a lot of flavor. Unfortunately, their high saturated fat content may increase your cholesterol and risk of heart disease. Strongly flavored cheeses help you cut back on portion sizes because a little goes a long way. Finely shredded or deli-thin slices can also help you cut back because you can decrease the amount that you typically use.