



Simple Fajita Veggies

Yield: 4 servings
Serving size: 1 cup

Ingredients

1 each	Bell pepper, sliced
1 each	Zucchini, sliced
1 each	Yellow squash, sliced
1 each	Onion, sliced
1 Tablespoon	Olive oil
1 teaspoon	Garlic powder
½ teaspoon	Paprika or chili powder
¼ teaspoon	Black pepper

Equipment

- Chef knife
- Cutting board
- Sauté pan
- Mixing spoon

Method

1. Heat oil in a large sauté pan on medium-high heat until shimmering.
2. Add onions and sauté, stirring occasionally, for ~4-5 minutes until they soften and begin turning slightly golden.
3. Add bell peppers and continue to cook for another 2-3 minutes.
4. Add spices and stir for ~30 seconds, then add zucchini and squash and cook for 3-5 more minutes, stirring occasionally until all vegetables are tender.

Helpful Tips

- Enjoy as a side dish or in tacos, rice bowls, eggs, or wraps
- Add other sliced vegetables like mushrooms as desired