

Fajita Vegetables for 25



What?

1. Avocado oil (or any high temperature oil) : ¼ cup
2. Fresh broccoli florets: 2 lbs (steamed in salted water)
3. Fresh chopped spinach : 3 bunches
4. Diced red onions : 2 cups
5. Frozen peas (thawed) : 1 lb
6. Julienned bell peppers (red, orange, green) : 2 of each
7. Baby carrots : ½ lb (pre-steamed)
8. Minced garlic : ½ cup
9. Chopped cilantro : 2 cups
10. Paprika (to taste)
11. Salt
12. Taco or Fajita seasoning mix (to taste)

How?

1. In a large pan heat avocado oil for 1 min on high
2. Lower the heat to medium and stir in onions, garlic, paprika and saute till aroma releases and starts browning, about 5 mins
3. Stir in bell peppers, thawed peas, steamed broccoli, steamed carrots (stirring after each) for 7 mins
4. Mix in salt, some more paprika and fajita seasonings
5. Stir in chopped spinach on low heat, stir and mix gently for 5 mins
6. Turn off heat and transfer to half-size pan
7. Let cool for 10 mins
8. Sprinkle chopped cilantro and wrap with foil or saran wrap