

# Bell Pepper Fajitas



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 4

**Prep:** 5 minutes | **Cook:** 15 minutes

## INGREDIENTS

- 1 tablespoon olive oil
- 3 medium cloves garlic, minced
- 1/4 teaspoon salt, plus more for seasoning
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon sugar
- 2 teaspoons fresh lime juice
- 1 medium onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 orange bell pepper, sliced
- Black pepper, to taste
- Flour or corn tortillas, for serving

## DIRECTIONS

1. In a small bowl, whisk together 3 tablespoons of olive oil with the garlic, salt, chili powder, ground cumin, paprika, sugar and fresh lime juice. Set aside.
2. Heat a large skillet over medium-high heat. Add the oil and then stir in the onion and bell pepper and cook for 3 to 5 minutes or until the vegetables are tender.
3. Stir in the spice mixture and cook for another 2 minutes or until everything is well combined and heated through. Season with salt and pepper to taste.
4. Serve with tortillas alone or with your protein of choice (like beans, chicken, or beef). Top with your favorite fajita toppings.



### Nutrition Information

*Serving Size: 1/4 of recipe with 2 tortillas*

<b>Calories</b>	179
<b>Total fat</b>	<b>5.5 g</b>
Saturated Fat	0.7 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>202 mg</b>
<b>Carbohydrates</b>	<b>32.4 g</b>
Fiber	4.7 g
Sugar	4 g
<b>Protein</b>	<b>4.1 g</b>

Recipe adapted from:  
foodandwine