



EASY FAJITA'S

I love the pepper-trio mix from Trader Joe's (it's red, green, and yellow bell peppers already cut and clean for you!) so much that I had to present this recipe...

- 1 package of "Reduced Carb Whole Wheat Wraps" or "Soy and Flax Seed Whole Wheat Wraps" (yes, both are found at Trader Joe's)
- Chicken or Steak strips cooked to your liking (cook extra for lunch tomorrow)

You can keep the recipe this simple and it will be THAT good or use your imagination and add ingredients such as:

- Mushrooms
- Black beans
- Spinach sautéed in garlic
- Salsa (without added sugar)
- Chobani Yogurt (as your sour cream)

Ok, now that I am starving and drooling over the sound of this...lets chop up the chicken/ steak, sauté in pan w/seasonings to your liking, and cook thoroughly. I prefer chicken and add spicy paprika or Italian seasonings. Sometime I throw in chili powder. Other times I use Tabasco. *Gotta love Tabasco!*

At the same time, sauté, steam, or roast the bell peppers in a separate pan. I like to drain off the water as I cook the bell peppers. After the peppers are cooked through, add to the chicken/steak mixture.

Warm whole wheat wraps in the microwave. Throw all the ingredients on the table and be creative. Don't forget to save some for tomorrow!

