

# HEALTHY RECIPES

January 2012

FIREFIGHTER TRAINING

Quick, Easy and  
Delicious Firehouse  
Cooking

## Firehouse Fajitas

### Ingredients (Serves 4)

2 large Bell Peppers  
(color of choice)  
1 yellow onion  
1 zucchini or squash  
1 cup sliced mushrooms  
1 large tomato  
5 large oranges OR 2 cups  
Orange Juice  
Cumin  
Garlic Powder

Corn or whole wheat tortillas

#### \*notes\*

- Our nutritional information reflects the ingredients listed above. Feel free to experiment with a variety of vegetables (or fruit!) according to your taste.

- Using corn instead of flour tortillas will cut your sodium intake by ¾.

- Nutritional values obtained from The United States Department of Agriculture Nutrient Data Laboratory.

### Cooking Instructions

1. Place ¼ cup of orange juice in large frying pan, heat on medium high.
2. Slice onions and add to pan.
3. Slice remainder of vegetables, place in large bowl. Add ¼ cup orange juice, 1 tsp cumin, and 1 tsp garlic powder to bowl; shake to coat vegetables with juice and cumin.
4. Once onions begin to soften and appear transparent, add remainder of vegetables.
5. Sauté vegetables for 5 minutes, or until tender.
6. Continue to sauté vegetables, and monitor juice content in pan. Add minimal amount of juice as needed to keep moisture in pan until vegetables are done\*.
7. As the vegetable/meat mixture begins to appear done, cook on highest heat setting for approximately 1-2 minutes in order to caramelize the orange juice/cumin/garlic mixture.
8. If adding chicken or other lean meat, do so after 5-10 minutes of cooking the vegetables. This way, the meat and vegetables will have at least another 15 minutes on medium high heat.
9. If adding shrimp, do so after about 10-15 minutes of cooking vegetables. Shrimp will only need about 4 minutes cook time on medium high heat.

Empty the mixture into large bowl. Serve with warm tortillas and healthy sides such as black beans, refried beans, shredded lettuce, chopped tomatoes, salsa or guacamole!

#### Nutritional Information per serving:

Calories:	273
Total Fat:	6.5 grams
Sat Fat:	.5 grams
Trans Fat:	0 grams
Cholesterol:	65 mg
Sodium:	452 mg
Carbohydrate:	33 mg
Dietary Fiber:	4.5 grams
Sugars:	3 gram
Protein:	25 grams

(This data reflects one serving of chicken / vegetables + one whole wheat tortilla.)

#### Healthy Ingredients:

Bell peppers: full of vitamins A, C, B6 and folic acid. These are powerful anti-oxidants that help the body rid itself of artery and vein damaging free radicals.

Tomatoes: Lycopene, another powerful anti-oxidant.

Whole Wheat Tortillas: contains insoluble fiber that helps reduce cholesterol and may lower risk of heart disease.

Orange Juice: Antioxidant Vitamin C!