



Chicken or Tofu Fajitas

- 1 lb. boneless, skinless chicken breast cut into thin strips **or** 1 lb. extra firm tofu, cut into strips about the size of a pack of gum
- 1 red bell pepper, cut into strips
- 1 green bell pepper, cut into strips
- 1 onion, sliced thin
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¹/₂ teaspoon fresh ground black pepper
- 2 teaspoons olive oil
- 8 flour tortillas
- ¹/₂ cup lowfat sour cream or yogurt cheese

1. Heat heavy bottom skillet on medium for 3-4 minutes. Add oil. Sauté tofu for several minutes or add chicken and cook until it turns white, about 5 minutes. Add spices. Stir well. Add peppers and onions. Cook 5 more minutes.
2. Wrap tortillas in aluminum foil and place in 350-degree oven for 5 minutes or warm tortillas individually in a cast iron skillet on the stovetop. Place 2 teaspoons of sour cream or yogurt on a tortilla. Spread it around and top with mixture. Fold over and enjoy!

Serves 8. *Per serving: 230 calories, 7.5 grams fat, 20 grams carbohydrate, 240 mg sodium, 1.5 grams fiber, 48 mg cholesterol.*

Yogurt cheese recipe: Choose a lowfat or nonfat plain yogurt. Line a colander with cheesecloth, paper towels, or a coffee filter. Place colander over a bowl. Spoon yogurt into the colander. Place a plate over the bowl or cover with plastic wrap. Refrigerate overnight. Discard liquid or use it to water your plants. Store, covered, in the refrigerator for up to 1 week. A quart of yogurt will make about 2 cups of yogurt cheese.

Your Partners in Health,
Candace and Lucy