



LISA CHEPLAK
THE HEALTHY FAMILY

Chickpea Fajitas

Yield: 4 servings

Ingredients

- 1, 15 oz can chickpeas, rinsed and drained
- 1 red, 1 orange and 1 yellow bell pepper, cut into thin strips
- $\frac{1}{2}$ onion, sliced thin
- 2 tsp chili powder
- 1 tsp coriander
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp salt
- 2 tbsp olive oil
- Tortillas

* Don't have all the seasonings? You can also use a packet of taco seasoning or fajita seasoning mix.

Extra optional toppings:

- avocado slices
- salsa
- lime wedges
- fresh cilantro

Directions:

1. Heat olive oil in a large pan and add onions and bell peppers. Cook for 5 minutes until onions and peppers begin to soften.
2. Add chickpeas and seasonings.
3. Heat through and cook until peppers are soft.
4. Heat tortilla, then add chickpea mixture. Top with fresh squeezed lime, cilantro and any extra toppings desired.