

## August 2021

**FOOD FOR THOUGHT...Back to School!** Now that school is back in session, hectic schedules can make getting dinner on the table in a timely fashion a daily struggle. Making healthy appealing meals can turn dinner into a "mealtime marathon". So, low down the pace and start to make meal prep a family affair! Getting your children (at any age) involved in the kitchen learning basic kitchen skills will set them up for a lifetime of culinary knowledge!

Cooking together can also get the pickiest of eaters to start to eat a variety of healthy foods while strengthening family bonds, as you spend quality time together preparing the meals. Plus, studies show that children that help cook and eat at home make overall healthier food choices later in life and improve grades in school—sounds like a "Win-Win" to me!

This recipe is a great way to get the children involved as they can wash and chop (if old enough) veggies, mix up the spice mixture and rub on chicken & veggies, then place it in the oven & set the timer too! And since this recipe only requires a few measuring spoons, a whisk, a bowl & a pan...well, they can wash the dishes too!

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### **This Month's Recipe:** **SHEET PAN FAJITA'S**

(Serves 6)

#### **Ingredients:**

- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 ½ teaspoons smoked paprika
- 2 teaspoons sea salt
- 2 teaspoons black pepper
- 2 pounds boneless, skinless chicken breasts, cut into thin strips
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 orange bell pepper, cut into strips
- 1 red onion, cut into wedges
- 3 cloves garlic, minced
- ¼ cup avocado oil
- 1/4 cup chopped fresh cilantro leaves
- 2 tablespoons freshly squeezed lime juice
- 6 (8-inch) flour or corn tortillas, warmed

Garnish: lettuce, tomatoes, cheese, sour cream, black beans, avocado



(continued)

**Directions:**

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

In a large bowl, combine chili powder, cumin, oregano, paprika, salt and black pepper and add the avocado oil. Whisk until combine. Place chicken, bell peppers, onion and garlic in the bowl and mix coating all the chicken and veggies. Spread in a single layer on the prepared baking sheet.

Place into oven and bake for 25 minutes, or until the chicken is completely cooked through and the vegetables are crisp-tender. Stir in cilantro and lime juice.

Serve immediately with tortillas and garnishes of choice! Ole!

*Recipe adapted from the Food Network"*

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*Jennifer Cole Conn, NFC, CMINHP, CFMC, CCNE & QUALITARIAN Food Integrated Training, Inc. [fitonyourfork@gmail.com](mailto:fitonyourfork@gmail.com)*