

Artichoke Fajitas

Serves 6

Adapted from a recipe by Ocean Mist Farms, this hearty dish is a great filling side or a very tasty vegetarian main dish. If desired, add cooked chicken when you add the artichoke hearts.

- 1 bag frozen artichoke hearts, simmered 12-15 minutes, thoroughly drained
- 1 T. cooking oil
- 1 red bell pepper cut into strips
- 1 green bell pepper cut into strips
- 1 medium yellow onion thinly sliced
- 1 t. paprika or ground dried chilies
- ¼ to ½ t. cayenne pepper
- 1 T. dried parsley flakes
- ¼ t. black pepper
- ½ t. cumin
- ½ t. honey
- 1 Tbs. fresh lime juice
- ½ t. crushed garlic
- 1 tomato, chopped



Heat cooking oil in a large nonstick skillet over medium-high heat. Add onion, green and red bell pepper. Cook and stir about 7 minutes or until vegetables are crisp tender. Remove pepper and onion mixture from the skillet and set aside.

To hot skillet add artichoke hearts, paprika, cayenne pepper, parsley flakes, black pepper, cumin, honey, lime juice and garlic. Cook and stir artichokes for about 2 minutes.

Stir in bell pepper mixture and tomatoes; cook until well heated, about 1 to 2 minutes. Serve with grated cheese, homemade salsa, SCD yogurt and homemade guacamole. For non-SCDers, serve with warmed tortillas.

