TORILLAS, AND SERVE.

1. Wrap tortillas in aluminum foil, and place in oven. Turn heat to 350 degrees F (175 degrees C). Bake for 15 minutes or until thoroughly heated.

2. In a 10 inch skillet, heat oil over medium high heat. Add onions, bell peppers, and garlic; stir to coat with oil. Cover, reduce heat, and simmer for 5 minutes. Stir squash into vegetables. Stir in salsa. Cover, and cook for 5 minutes.

3. Spoon vegetable mixture evenly down the centers of warm tortillas. Sprinkle with cheese and optional cilantro. Roll up thoroughly heated.

Method:

Optional: 1/4 cup chopped fresh cilantro
1 cup shredded Monterey Jack or other cheese
1/2 cup salsa
1 yellow squash or zucchini, halved and sliced into strips
1 teaspoon minced garlic
2 green or red bell peppers, seeded and sliced into strips
1 red or yellow onion, thinly sliced
2 tablespoons vegetable oil
8 flour or corn tortillas

Ingredients:

Easy Vegetable Fajitas

Growing connections to fresh food.