

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Salt-free taco seasoning

Ingredients:

- 1/4 cup chili powder
- 1 Tbsp dried oregano
- 1 Tbsp ground cumin
- 1/2 tsp garlic powder

Directions:

1. Mix ingredients together and store in a container.
2. Use as seasoning for chicken tacos, ground meat tacos, chili, or fajitas.

Submitted by employee

Chicken Fajitas with Avocado-Corn Salsa

Ingredients: *Salsa*

- 1 firm, ripe avocado, peeled, pitted and chopped
- 1 cup frozen corn, thawed
- 1 cup cherry or grape tomatoes, cut into quarters
- 1 Tbsp. lime juice

Chicken Fajitas

- 12 oz. boneless, skinless chicken breast
- 3/4 cup water
- 1 Tbsp. salt-free taco seasoning

Directions:

1. Mix avocado, corn, tomatoes, and lime juice in a bowl. Set aside.
2. In skillet, combine chicken, water, and seasoning.
3. Bring to a boil, reduce heat, and simmer 5 minutes, stirring occasionally.
4. Drain any leftover water.
5. Top chicken with salsa.

Servings per recipe: 4

Nutritional info (per serving):

Calories 215, Total fat 8.5 g (Saturated fat 1.5 g), Cholesterol 41 mg, Carbohydrate 18 g, Fiber 6 g, Protein 21 g

*Suggestion:

- Make a lettuce wrap with the chicken and salsa mixture.

Submitted by employee

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www.charleston.va.gov/services/bariatric