



February 2022

# Nutrition News

National Heart Health Month



## What are saturated fats?

- Any fat that is solid at room temperature.
- Come from animal sources, dairy, eggs, and oils.
- Increase "bad" cholesterol and increase risk of heart disease.

## Why limit saturated fats?

- Lowers cholesterol.
- Lowers risk for heart disease and stroke.
- Possibly induce weight loss.
- Healthier options to choose from.

## Saturated vs. Unsaturated fats



Beef  
lamb  
pork  
butter  
cheese  
palm oil  
coconut oil



olive oil  
fish  
nuts  
avocados  
seeds



# SHEET PAN CHICKEN FAJITAS

## INGREDIENTS

- 1 tablespoon chili powder
- Kosher salt and freshly ground black pepper
- 1 pound baby bell peppers (12 to 15 peppers), halved, stemmed and seeded
- 1 large yellow onion, halved and thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1 1/2 pounds boneless, skinless chicken breast
- Juice of 1 lime, plus lime wedges, for serving
- 8 fajita-size flour tortillas, warmed
- Shredded Monterey Jack cheese, guacamole, hot sauce, salsa and sour cream, for serving
- **TOTAL: 30 MIN**
- **PREP TIME: 15 MIN**
- **SERVES: 4**

## DIRECTIONS

- 1. Preheat the broiler to high. Line a rimmed baking sheet with foil.*
- 2. Combine the chili powder, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 tablespoon of the oil and season with half the chili powder mixture. Broil until softened and starting to char, about 10 minutes.*
- 3. Meanwhile, cut the chicken into 1/4-inch-thick slices and toss in a large bowl with the remaining chile powder mixture and 1 tablespoon oil.*
- 4. After the peppers are softened and starting to char, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more. Drizzle with the lime juice.*
- 5. Serve with the warmed tortillas, Monterey Jack cheese, guacamole, hot sauce, salsa, sour cream and lime wedges.*

*This recipe can be found at <https://www.foodnetwork.com>*