

## **Portobello Fajitas**

*Makes 2 servings*

### **Ingredients:**

- 1/2 onion, thinly sliced
- About 3 tablespoons of water
- 2 large portobello caps, thickly sliced
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 large roasted red pepper, fresh or jarred, sliced
- 3 tablespoons fresh cilantro, chopped
- Corn or whole-wheat flour tortillas
- 1/4 cup low-sodium salsa
- Lime wedges
- Salt, to taste

### **Directions:**

Over medium-high heat, water saute the onion until browned. Add a splash of water and quickly stir. Reduce the heat to medium. Add the portobellos and garlic and saute until the mushrooms soften and lose their raw, whitish look. Add the cumin and chili powder; saute for 15 to 30 more seconds. Remove the pan from heat. If roasting fresh red peppers, wash the pepper and place it whole on a baking sheet at 400 degrees F for roughly 20 minutes. Blackened skin is the indication that the pepper is ready. Warm tortillas in a saute pan. Add portobellos, roasted red peppers, salsa, and cilantro to tortillas. When serving, make the lime wedges available.

*Per serving:* 159 calories; 6.9 g protein; 32.9 g carbohydrate; 9.8 g sugar; 2.0 g total fat; 10.6% calories from fat; 6.4 g fiber; 235 mg sodium

Recipe Credit: Physicians Committee for Responsible Medicine