Vegetable Fajitas (Tawa Sabzi) With Brown Rice

Source: Food for Life Instructor Munira Ali

Serve with rice, beans, chapatis, tortillas, and tomato mint coriander chutney (salsa).

About the Recipe

133 Calories · 4 g Protein · 6 g Fiber
Dinner

Ingredients

Makes 4 Servings

- 2 potatoes, cut into bite-size pieces
- 1 red pepper, cut into bite-size pieces
- 10 okra, cut into bite-size pieces
- 10 mushrooms, cut into bite-size pieces
- 1 eggplant, cut into bite-size pieces
- 1 onion, sliced
- 1 yellow squash or cauliflower, cut into bite-size pieces
- 2 tsp (10 mL) ginger garlic paste
- 1 tsp (5 mL) red chili powder
- 1/4 tsp (1.2 mL) turmeric powder (optional) **optional*
- 1/2 tsp (2.5 mL) chaat masala
- 1/2 tsp (2.5 mL) oregano (optional) **optional*
- 1/4 tsp (1.2 mL) garam masala (optional) **optional*
- 1/4 c (60 mL) lemon juice
- 1/4 tsp (1.2 mL) salt

Directions

1. Boil or microwave the vegetables except for the onions until tender. Set aside to brown later.
2. Mix the lemon juice, ginger-garlic paste, chili powder, chaat masala, optional oregano, optional turmeric powder, optional garam masala, and salt (to taste) to form the marinade.
3. Coat the vegetables with the marinade and refrigerate for 2 hours.
4. Heat a pan or skillet over medium-high heat.
5. Put the onions in first, followed by the rest of the vegetables.
6. Cook until the vegetables are charred. Serve with tortillas or chapatis.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 133

Fat: 1 g

Saturated Fat: 0 g

Calories From Fat: 4%

Cholesterol: 0 mg

Protein: 4 g

Carbohydrate: 32 g

Sugar: 8 g

Fiber: 6 g

Sodium: 169 mg

Calcium: 48 mg

Iron: 1 mg

Vitamin C: 37 mg

Beta-Carotene: 252 mcg

Vitamin E: 1 mg

Potassium: 533 mg