Easy Vegetable Fajitas

Source: Jennifer Reilly, R.D.

This dish comes together in a snap!

About the Recipe

257 Calories · 12.9 g Protein · 10.5 g Fiber

Ingredients

Makes 6 Servings

- 1/4 c (60 mL) vegetable broth or water
- 1 onion, sliced into strips
- 3 bell peppers (red, yellow, green, or a combination), seeded and sliced into strips
- 2 15-oz cans (720 g) black beans, drained and rinsed
- 6 whole-wheat tortillas
- 1 c (259 g) salsa

Directions

1. Heat broth or water in a nonstick skillet. Add onion and cook until translucent.
2. Add cumin and bell peppers. Cook over medium heat until peppers are tender.
3. Heat beans in microwave for 1 minute.
4. Place tortilla in a large skillet over medium-low heat.
5. Add 1/2 c (120 g) of heated black beans and 1/2 c (70 g) of the onion and pepper mixture.
6. Fold tortilla in half, over the beans and vegetables, and cook for 3 minutes.

7. Remove from heat and garnish with salsa.
8. Repeat this procedure with the remaining 5 tortillas.

Nutrition Facts

Per serving (1/6 of recipe)

Calories: 257
Fat: 2 g
    Saturated Fat: 0.4 g
    Calories from Fat: 7%
Cholesterol: 0 mg
Protein: 12.9 g
Carbohydrate: 50.3 g
Sugar: 8 g
Fiber: 10.5 g
Sodium: 408 mg
Calcium: 101 mg
Iron: 4.2 mg
Vitamin C: 83.4 mg
Beta-Carotene: 681 mcg
Vitamin E: 1.3 mg