

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