Vegetable Fajitas (Tawa Sabzi) with Brown Rice

Source: Food for Life Instructor Munira Ali

Great served 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

- potatoes (2)
- red pepper (1)
- okra (10)
- mushrooms (10)
- eggplant (1)
- onion, sliced (1)
- vegetable of your choice, such as squash or cauliflower (1 cup)
- ginger garlic paste (2 teaspoons)
- red chili powder (1 teaspoon or to taste)
- turmeric powder (1/4 teaspoon)
- chaat masala (1/2 teaspoon)
- oregano (1/2 teaspoon)
- garam masala (1/4 teaspoon)
- lemon juice (1/4 cup)
- salt (to taste)
Directions

1. Cut all the veggies into bite-size pieces.
2. Boil or microwave the vegetables except for the onions until tender. Set aside to brown later.
3. Mix the lemon juice, ginger-garlic paste, chili powder, chaat masala, optional oregano, optional turmeric powder, optional garam masala, and salt to form the marinade.
4. Coat the vegetables with the marinade and refrigerate for 2 hours.
5. Heat a pan or skillet over medium-high heat.
6. Put the onions in first, followed by the rest of the vegetables.
7. 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
Carbohydrates: 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