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

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

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 cup of heated black beans and 1/2 cup 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