

Cheesy Veggie Fajitas

Prep time: 10 mins | Cook time: 15 mins

Servings: 6-12 | Yields: 12 fajitas

INGREDIENTS

For the fajitas:

2 tbsp vegetable oil

4 bell peppers (red, yellow, orange, green, your choice!), thickly sliced

1 red, white, or yellow onion, thickly sliced

8 oz button mushrooms, thickly sliced

3 cloves garlic, minced

1 ¼ tsps chili powder

¾ tsp cumin

¾ tsp salt

8 small whole wheat tortillas

Shredded cheese, any kind

Toppings (optional):

Cilantro, roughly chopped

Avocado, sliced or mashed

Salsa

Hot sauce

METHOD

1. Heat the oil in a large skillet or frying pan over medium-high heat. When hot, add in the peppers, onions, chili powder, cumin, salt. Stir often to evenly cook the veggies until the peppers just being to soften, about 5 minutes.
2. Add in the mushrooms and garlic and continue to cook for another 5-7 minutes until the mushrooms have reduced in size, and the peppers have softened but aren't mushy.
3. Make fajitas by topping ½ the tortilla with some of the hot vegetable mix, and any toppings you desire. Sprinkle with cheese and fold in half like a ½ moon shape. Put on a tray in the oven until the cheese melted, about 5 minutes. Cut in half and enjoy!

