# Veggie Fajitas

with salsa & avocado

Adopted from Folk Over Knives

### INGREDIENTS

( marks weekend prep items)

#### FOR THE FAJITAS

1 portobello mushroom

 stemmed & sliced

1⁄2 red bell pepper

 thinly sliced (≈1⁄2 cup)

1⁄4 red onion

 thinly sliced (≈1⁄4 cup)

1 clove garlic

 minced (≈3⁄4 teaspoon)

3⁄4 teaspoon fresh ginger grated

1⁄4 teaspoon ground cumin

3⁄4 teaspoon low-sodium soy sauce (or tamari or liquid aminos)

3⁄4 teaspoon pure maple syrup

2 1⁄4 teaspoons fresh lime juice

2 tablespoons fresh cilantro (optional) finely chopped

sea salt

freshly ground black pepper

#### FOR SERVING

3 corn tortillas (Not fried)

1⁄8 (15-oz) jar salsa (≈1⁄4 cup)

1⁄4 avocado (optional) diced

### YOU'LL NEED

large skillet
skillet

Meaty veggies soak up a homemade fajita sauce layered with dynamic flavors in this skillet meal.

**1**

**SAUTÉ VEGETABLES**

In a large skillet over medium heat, cook **portobellos**, **bell peppers**, **red onions**, **garlic**, **ginger**, and **cumin**, stirring occasionally, until the **water** released from the **mushrooms** has been absorbed and the vegetables are tender, about 15 minutes.

**2**

**MAKE SAUCE**

In a bowl, combine **soy sauce**, **maple syrup**, and **lime juice**.

**3**

**MAKE FAJITA FILLING**

Pour sauce over vegetables and cook until absorbed, a few minutes. Remove from heat. Add **cilantro**, if desired, and season with **salt** and **pepper** to taste.

**4**

**WARM TORTILLAS**

In a nonstick skillet over medium heat, warm **tortillas** until soft and pliable, about 20 seconds on each side. Cover with a damp cloth to keep soft until serving.

**5**

**ASSEMBLE & SERVE**

For each fajita, place about ⅓ cup filling in center of a **tortilla**, then top with **salsa** and **avocado**, if desired.

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