



'Bella Asada Fajitas

PER SERVING (1/2 of recipe, 3 fajitas): 275 calories, 8g fat, 312mg sodium, 47g carbs, 8.5g fiber, 7.5g sugars, 7g protein -- **PointsPlus®** value 7*

Prep: 10 minutes

Cook: 10 minutes

Ingredients:

1 tsp. olive oil
2 large portabella mushroom caps, sliced
3/4 cup sliced bell peppers
3/4 cup sliced onion
1/4 tsp. garlic powder
1/4 tsp. salt, divided
1/8 tsp. chili powder, or more to taste
1/8 tsp. ground cumin
Dash black pepper
1/2 cup chopped tomatoes
1/4 cup roughly mashed avocado
2 tbsp. chopped fresh cilantro
1/2 tbsp. lime juice
Six 6-inch corn tortillas
Optional topping: fat-free sour cream or plain fat-free Greek yogurt

Directions:

Drizzle a large skillet with oil and bring it to medium-high heat on the stove. Add sliced mushrooms, bell peppers, and onion, and sprinkle with garlic powder, 1/8 tsp. of salt, chili powder, cumin, and black pepper. Stirring occasionally, cook until veggies are tender, about 6 minutes. Set aside.

In a small bowl, combine tomatoes, avocado, cilantro, lime juice, and remaining 1/8 tsp. of salt. If you like, season with additional chili powder, to taste. Mix well and set aside.

Place tortillas on a microwave-safe plate, and microwave for 25 seconds, or until slightly warm. Top each tortilla with about 1/2 cup of fajita veggies and a spoonful of the tomato-avocado mixture. If you like, add a spoonful of sour cream or yogurt as well.

Fold and chew!

MAKES 2 SERVINGS



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