

# 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***

- 1/4 c (60 mL) vegetable broth or water
- 1 onion, sliced into strips
- 3 bell peppers (red, yellow, green, or a combination), seeded and sliced into strips
- 2 15-oz cans (720 g) black beans, drained and rinsed
- 6 whole-wheat tortillas
- 1 c (259 g) salsa

## Directions

1. Heat broth or water in a nonstick skillet. Add onion and cook until translucent.&nbsp;
2. Add cumin and bell peppers. Cook over medium heat until peppers are tender.&nbsp;
3. Heat beans in microwave for 1 minute.&nbsp;
4. Place tortilla in a large skillet over medium-low heat.&nbsp;
5. Add 1/2 c (120 g) of heated black beans and 1/2 c (70 g) of the onion and pepper mixture.
6. Fold tortilla in half, over the beans and vegetables, and cook for 3 minutes.&nbsp;

7. Remove from heat and garnish with salsa.&nbsp;
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