

## Mushroom Fajitas

Serves 2

1 tablespoon oil

3 large Portobello mushrooms or 400 grams smaller mushrooms

½ medium onion

1 clove garlic, minced

1 medium sweet (bell) pepper

2 teaspoons chili powder

1 teaspoon smoked paprika

½ teaspoon cumin

Flour tortillas or low carb. wraps

salt to taste

Topping options: shredded cheese, tomato salsa, guacamole, sour cream.

Combine dry ingredients in small bowl. Slice mushrooms into ¼ inch ( ½ cm) thick slices and sprinkle with 2/3 of dry seasonings, turning to coat both sides of slices. Slice onion and sweet pepper into strips, add remaining dry seasonings and turn to coat. If you have one cast iron pan cook mushrooms and vegetables in batches. Heat pan on medium and add ½ tablespoon of oil. Add onions and sweet pepper. Sauté until onions and sweet pepper soften but are still crisp then add garlic. Remove from pan and set aside. Add the rest of oil to pan and cook mushrooms until they char slightly. Warm tortilla/wraps in frying pan. Top with mushrooms, onions and sweet pepper and add your choice of toppings. Fold edges, roll and cut in half. Serve with rice/quinoa and pinto beans.

