

## SUMMER VEGETABLE FAJITAS

Simple, fresh ingredients make for the best summertime fajitas! Serve with rice and beans to add a complete protein to this plant-based meal.

 20 minutes 1 hour 6 portions

### INGREDIENTS

- 2 medium zucchini, diced to 1- inch pieces
- 1 medium eggplant, diced to 1- inch pieces
- 2 large bell peppers (any color), seeded and chopped to 1- inch pieces
- 2 large onions, peeled and chopped to 1- inch pieces
- 3 cups mushrooms (button or cremini), cleaned and halved
- 6 cloves of garlic, smashed and roughly chopped
- 5 tablespoons canola oil
- 2 teaspoons freshly ground black pepper (or more to taste)
- 1 teaspoon Kosher salt (or more to taste)

### COOKING METHOD

- 1° Heat a cast-iron skillet on medium heat on the stove.
- 2° Once the skillet is fairly warm (you'll be able to turn the heat down, as cast-iron can hold heat for a long time), add 1 tablespoon of the oil and the zucchini. Leave the zucchini in a single layer in the pan until it gets brown and the zucchini starts to become translucent (about 5-7 minutes). Flip the zucchini and do the same to the opposite side.
- 3° Once the zucchini is done, transfer to a large bowl.
- 4° Repeat step #2 and #3 for each vegetable, cooking them in single batches (you can add the garlic to the mushrooms or the onions). This ensures that the vegetables can blacken without steaming in the pan.
- 5° Once all of the vegetables are done, use two large serving spoons to toss together to blend.
- 6° Serve with gluten free tortillas, lime, cilantro, cheese, sour cream, and black beans, rice, and corn salad (if desired). Garnish with guacamole and pico de gallo.
- 7° Alternate method; prepare a gas or charcoal grill. Place each of the vegetables on a large piece of foil, season with salt and pepper, drizzle with a little oil, and fold up like an envelope. You should have five envelopes (garlic can go with the onions or mushrooms). Grill each pack until veggies are done and nicely browned, about 15-20 minutes (it's OK to peek). Transfer to a large serving bowl and serve.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (293 g)	% DRI
ENERGY	62 kcal	183 kcal	9 %
FAT	4 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	136 mg	399 mg	17 %
CARBOHYDRATE	6 g	17 g	6 %
SUGARS	3 g	9 g	—
FIBER	2 g	6 g	23 %
PROTEIN	1 g	4 g	—