

MUSHROOM FAJITA WRAPS

Featuring our [Fresh King Blue Oyster](#) mushrooms

6 servings | Total Time: 30 minutes

RECIPE

FOR THE FILLING

- 1 lb [King Blue Oyster](#) mushrooms (rinsed, tough stems removed, sliced into 1/4 inch thick strips)
- 1 small yellow onion (peel off outer layer, halve the onion and slice thinly)
- 1 red or green bell pepper (rinse pepper under water and dry, remove stem and seeds/membrane, slice pepper lengthwise into 1/4 inch strips)
- 2 cloves garlic (peel off paper outer layer, use a knife to mince garlic finely)
- 2 Tbsp olive oil
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/8 tsp black pepper

FOR SERVING

- (6) 10-inch whole wheat tortillas
- (1) 15 oz can black beans
- 2 cups cooked brown rice
- 1 cup salsa
- 1 cup guacamole
- 1 cup shredded Mexican cheese blend (optional)

PREPARATION

STEP 1

Prepare mushrooms, onion, bell pepper and garlic as indicated above.

STEP 2

In a large 12-inch skillet over medium-high heat, add 2 tbsp olive oil. Once oil is shimmering, add sliced mushrooms in an even layer. Cook for 2-3 minutes without stirring. Then stir and cook another 2-3 minutes until mushrooms are browned.

STEP 3

Push mushrooms to one side of skillet. On empty side, add onions and bell pepper. Cook for 2 minutes, stirring frequently.

STEP 4

Add garlic and stir everything together. Cook for another 3-5 minutes until vegetables are tender but still crisp.

STEP 5

Add chili powder, cumin, oregano, salt and pepper. Stir to coat vegetables evenly with spices. Cook for 1-2 minutes more.

PREPARATION CONTINUED

STEP 6

Remove skillet from heat.

STEP 7

Warm tortillas in microwave for 15-20 seconds each.

STEP 8

Assembly each fajita by placing a portion of mushroom mixture, beans, rice, salsa, guacamole and cheese (if using) into center of tortilla.

STEP 9

Fold bottom of tortilla over filling, then fold in sides and continue rolling tightly.

NUTRITION FACTS

| PER SINGLE SERVING | |
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| CALORIES | 380 |
| TOTAL FAT | 12g |
| SATURATED FAT | 2g |
| TRANS FAT | 0g |
| CHOLESTEROL | 0mg |
| SODIUM | 480mg |
| TOTAL CARBOHYDRATES | 57g |
| DIETARY FIBER | 10g |
| SUGARS | 5g |
| PROTEIN | 12g |