

FIBER-FILLED FAJITAS

SERVES: 4 PREP TIME: 20 MINUTES

INGREDIENTS:

1 onion, diced
2 tablespoons garlic, minced
2 bell peppers, chopped (1 red, 1 green)
1 8-ounce pack of sliced mushrooms
1 tablespoon chili powder
1 teaspoon smoked paprika
1/2 teaspoon salt
1 can (15.5 ounces) black beans, drained and rinsed
1 can (15.5 ounces) pinto beans, drained and rinsed
Whole wheat or corn tortillas



DIRECTIONS:

Cook Vegetables: On a sheet pan in a 400 degree F oven, or using the stovetop, cook veggies until tender.

Add Beans: Add beans to the cooked veggies, mix together until beans are warm.

Spoon bean and veggie mixture into tortillas. Enjoy!

TIP:

Top with **Cashew Sour Cream**. Combine 1 cup of soaked cashews with 1/2 cup water, 1 tablespoon lemon juice, 1 teaspoon apple cider vinegar, and 1/2 teaspoon salt in a high speed blender. Blend until smooth.