

VEGAN FAJITAS★★★★★

COURSE: MAIN COURSE **CUISINE:** MEXICAN
KEYWORD: VEGAN FAJITAS **PREP TIME:** 10 MINUTES
COOK TIME: 25 MINUTES **TOTAL TIME:** 35 MINUTES **SERVINGS:** 4
CALORIES: 222KCAL **AUTHOR:** MEGAN GILMORE



Vegan fajitas are cooked on a sheet pan, for an easy one-pan meal! It's a healthy dinner that you can cook in just about 30 minutes, and serve them with any toppings you love.

INGREDIENTS

- 2 portobello mushroom caps , sliced into thin strips
- 2 red bell peppers , sliced into thin strips
- 1 large yellow or red onion , sliced into thin strips
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 8 corn tortillas , for serving

OPTIONAL TOPPINGS

- sliced avocado
- fresh cilantro
- salsa

INSTRUCTIONS

1. Preheat the oven to 400°F. On a large rimmed sheet pan, add the sliced portobello mushrooms, bell peppers, and onion, and toss well with the olive oil.
2. In a small bowl, mix together the chili powder, garlic powder, cumin, and salt. Then sprinkle it evenly over the veggies and toss well. Place the pan in the oven and roast until the veggies are tender, about 25 minutes.
3. You can warm the tortillas by placing them in a dry skillet (no oil required!) over medium-high heat for 30 seconds, then flip and warm the other side. Repeat with the remaining taco shells. Alternatively, you can wrap the stack in foil and place them in the oven for the last 10 to 15 minutes of the cooking cycle.
4. When the fajita veggies are done roasting, serve them warm in a tortilla with sliced avocado, fresh cilantro, and salsa on top. (Or any other toppings you love!) Leftover veggies can be stored in an airtight container in the fridge for up to 5 days.

NOTES

Nutrition information is for 2 fajitas, using corn tortillas and no optional toppings. This information is automatically calculated, and is just an estimate and not a guarantee.

This recipe is shared with permission from *PlantYou: 140+ Ridiculously Easy, Amazingly Delicious Plant-Based Oil-Free Recipes*, by Carleigh Bodrug and has been slightly adapted. I hope you'll check out this amazing vegan cookbook!

NUTRITION

Calories: 222kcal | Carbohydrates: 33g | Protein: 5g | Fat: 9g | Saturated Fat: 1g |

Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 1g | Sodium: 331mg | Potassium:

449mg | Fiber: 6g | Sugar: 6g | Vitamin A: 2016IU | Vitamin C: 79mg | Calcium: 61mg | Iron: 1mg

<https://detoxinista.com/vegan-fajitas/>