

PORTOBELLO MUSHROOM FAJITAS

Fajitas are a great meal to make if you don't have much time. Here is a delicious recipe from Diana Stobo that I love to make. The Portobello mushrooms are a meaty vegetable and are quite satisfying even to the carnivore in your family.

Makes 4 servings



INGREDIENTS

4 spelt tortillas or sprouted grain tortillas
2 large Portobello mushrooms, sliced
1 red bell pepper, sliced
1 sweet onion, sliced
1 tbsp Tamari (gluten-free soy sauce)
1 tsp cumin, ground
1 tbsp coconut oil
Guacamole (see recipe)
1 tomato, diced

METHOD

1. Marinate vegetables in tamari and cumin for 15 minutes.
2. Sauté veggies in coconut oil for 3-4 minutes.
3. Remove from heat.
4. Warm the tortillas on a flat sauté pan.
5. Fill each tortilla with veggies and guacamole, and top with diced tomato.