



2 Servings

vegan fajitas

Ingredients

extra virgin olive oil	1 Tbsp
distilled vinegar	2 tsp
chili powder	1/2 tsp
oregano, dried	1/2 tsp
green pepper	1 medium
zucchini/summer squash	1 small
summer squash	1 Cup(s)
extra virgin olive oil	1 Tbsp
black beans (boiled)	1/2 Cup(s)
corn sweet yellow raw	1/2 Cup(s)
corn tortilla, no added salt	4 tortilla

Nutrition Totals

Calories 720 / **Carbs** 97 g / **Protein** 20 g / **Fat** 33 g / **Fluid** 501 g

Instructions

1. In a large bowl combine 1 Tbsp. olive oil, vinegar, chili powder and oregano.
2. Slice the green peppers, zucchini, and yellow squash and add to marinade.
3. Marinate vegetables in the refrigerator for at least 30 minutes, but no more than 24 hours.
4. Heat 1 Tbsp. of olive oil over medium heat. Drain the vegetables and sauté until tender; about 10 to 15 minutes.
5. Stir in the beans and corn.
6. Increase the heat to high and cook for an additional 3-5 minutes, to brown vegetables.
7. Serve in warm corn tortillas.

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Nutrition Label

Vegan Fajitas		
Amount Per Serving		
Calories		360
% Daily Value*		
Total Fat	16.5g	25%
Saturated Fat	2.4g	12%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	30.7mg	1%
Total Carbohydrates	48.7g	16%
Dietary Fiber	9.8g	39%
Total Sugar	6.6g	
Protein	10g	
Vitamin D	0IU	0%
Calcium	136.7mg	14%
Iron	2.7mg	15%
Potassium	760.7mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.