

## Veggie Fajitas



2 Tbls oil  
1 white onion sliced thin  
2 cloves garlic minced  
1 each green, red and yellow bell peppers, seeded and sliced thin  
2-3 fresh green chilies, seeded and sliced  
8 oz mushrooms sliced  
1 Tbls chopped fresh cilantro  
Salt and Pepper

12 uncooked whole wheat tortillas

Heat the oil in a heavy pan over medium heat. Add onions and garlic and cook for 5 minutes, stirring occasionally. Increase heat to med-high and add peppers, chilies and mushrooms. Cook for 5-10 minutes more or until vegetables are slightly caramelized. Turn off heat and stir in cilantro and add salt and pepper to taste.

For tortillas; heat dry, non-stick pan over med-high heat. Cook tortillas approximately 1 minute per side.

Add veggies to tortilla and top with "sour cream", fresh tomato, avocado, and romaine lettuce. Roll tortilla around filling and serve with rice and beans or a green salad.