

TEMPEH FAJITAS

Ingredients

- 1 sweet onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 227g package tempeh, sliced
- 1 tbsp chili powder
- 1 tsp cumin
- 1/4 tsp black pepper
- 1/2 cup salsa
- 1 tbsp canola oil

SERVINGS:

- Serves 4

TOTAL TIME: 15 MIN

- Prep: 15 min
- Cook: 10 min

Directions

- 1) Heat 1 tbsp canola oil in a large skillet over medium-high heat.
- 2) Add the sliced onion and saute until softened.
- 3) Add the red and green bell peppers and saute 1-2 minutes
- 4) Add the tempeh, chili powder, and cumin and saute 1-2 minutes.
- 5) Add in salsa and cook until heated through. Adjust seasonings as required.
- 6) Remove from heat and divide into 4 portions.
- 7) Serve in a tortilla or over rice. Top with Greek yogurt, salsa, cheese, greens, and/or other.

Nutrition Information

- Calories: 146
- Fat: 6.6g
- Protein: 11.7g
- Total Carb: 13.7g
- Fibre: 2.0g
- Net Carb: 11.7g

*Nutrition information for filling only.

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