



EASY TO MAKE PORTABELLO FAJITA TACOS

Portabellas offer three important B-complex vitamins: riboflavin for maintaining healthy red blood cells; niacin for supple skin and properly functioning digestive and nervous systems; and pantothenic acid, which aids in the release of energy from the fat, protein, and carbohydrates in the food you eat. **Makes 2 tacos**

Vegetarian Portobello mushroom fajita tacos are quick, easy and super healthy and will disappear in minutes. The Mexican flavors in these tacos are amazing, and these are perfect for both meatless Mondays and taco Tuesdays!

YOU WILL NEED

Ingredients:

1. 2 (6-inch) corn/flour tortillas*
2. 1-Large **Portobello** mushroom
3. 3 tablespoons of Olive Oil
4. 2 teaspoons of lemon juice – fresh squeezed if you have it
5. Salt/pepper to taste- I like to use Fajita Seasoning I would say 1 1/2teaspoon
6. 3 Tablespoons of Pico De Gallo – Mild.
7. Fresh Guacamole or Avocado Slices your choice
8. sprig of Cilantro for garnish

DIRECTIONS

Cut the Portobello Mushroom in slices like you normally would for any fajitas. Place the Olive Oil in the pan then place the Portobello Mushrooms once pan is hot but not too hot. Usually set to half let cook for 1-2 minutes. Then Place the 2 tablespoons of Pico De Gallo in the pan and let cook until the Portabellas are dark colored but not too soft.

Heat tortillas until desired heat then place Portobello and Pico in tortilla top with Guacamole and cilantro and ENJOY