

Portobello Mushroom Fajitas

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Hi,

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Portobello Mushroom Fajitas

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat up a large pan over medium-high heat. Add half of the water to the pan along with mushroom, bell pepper, and red onion. Stir and cook for two to three minutes until water evaporates. Then add the taco seasoning, salt, and the remaining water.
2. Cook and stir occasionally for another three to four minutes or until veggies are tender and browned (if the pan seems too dry, add a splash of water). Take the pan off the heat.
3. Top each tortilla with the mushroom mixture, smashed avocado, and chopped cilantro. Drizzle with lemon juice. Enjoy.

Notes

Leftovers

Refrigerate the mushroom mixture in an airtight container for up to three days. Assemble the fajitas before serving.

Serving Size

One serving is equal to two fajitas.

Additional Toppings

Serve with salsa, hot sauce, and shredded cabbage.

No Corn Tortilla

Use flour tortilla or iceberg lettuce as a wrap.

Ingredients

- 2 tbsps Water (divided)
- 3 cups Portobello Mushroom (sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 cup Red Onion (medium, sliced)
- 1 1/2 tsps Taco Seasoning
- 1/4 tsp Sea Salt
- 4 Corn Tortilla
- 1 Avocado (mashed)
- 2 tbsps Cilantro (chopped)
- 1/4 Lemon (cut into wedges)

Nutrition

Amount per serving

Calories	394	Calcium	241mg
Fat	17g	Iron	3mg
Saturated	2g	Vitamin D	25IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	10g	Riboflavin	0.9mg
Carbs	54g	Niacin	14mg
Fiber	15g	Vitamin B6	0.7mg
Sugar	9g	Folate	153µg
Protein	11g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	325mg

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Sodium	518mg	Magnesium	65mg
Potassium	1476mg	Zinc	2mg
Vitamin A	2078IU	Selenium	40µg
Vitamin C	92mg		