Bean and Veggie Fajitas

Yield: 6 servings
Total Time: 35 minutes

Ingredients
¼ cup low-sodium vegetable broth
1 onion, sliced into strips
3 bell peppers (red, yellow, green, or a combination), seeded and sliced into strips
1 teaspoon ground cumin
2 15.5-ounce cans low-sodium black beans, drained and rinsed
6 whole wheat tortillas
1 cup salsa

Preparation Instructions
1. Heat broth in a non-stick skillet over medium heat. Add onion and peppers and cook until slightly tender, approximately 5-7 minutes.
2. Add cumin and beans and cook until heated through, approximately 2 minutes.
3. Place tortilla in a large skillet over medium-low heat. Add 1 cup of the beans, onion, and pepper mixture. Fold tortilla in half over the beans and vegetables, pressing down with the back of a spatula and cook for 3 minutes. Remove from heat and garnish with salsa. Repeat this procedure with the remaining 5 tortillas.

Nutrition Analysis
Per serving: 310 calories; 3g fat (0g saturated, 0g trans); 0mg cholesterol; 580mg sodium; 55g carbohydrate (13g dietary fiber; 10g sugar); 15g protein. Vitamin A 15%, Vitamin C 190%, Calcium 8%, Iron 25% Daily Value.

Tip: For a lower sodium meal, serve with homemade salsa without added salt and choose a whole wheat tortilla with less than 170mg of sodium per tortilla.

Cost: $1.89 per serving

Modified from www.nutritionMD.com