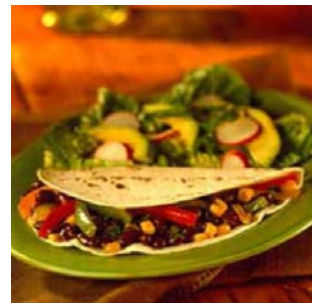


VEGETABLE FAJITAS PAREVE

INGREDIENTS

- 1 Onion (sliced)
- 1 Red pepper (seeded & sliced)
- 1 Green pepper (seeded & sliced)
- 1 Yellow pepper (seeded & sliced)
- 1 clove Garlic (crushed)
- 8 oz Mushrooms (remove stalks & save for making stock or discard)
- 6 T Extra virgin olive oil **OR** Canola oil
- 2 T Chili powder
- Salt & pepper to taste
- Sprigs Cilantro
- 4 to 6 Tortillas (warmed)
- Non-Stick cooking spray



GUACAMOLE INGREDIENTS

- 1 Avocado (ripe)
- 1 Shallot (coarsely chopped)
- 1 Green chile (seeded & coarsely chopped)
- 1 Lime (juiced)

COOKING INSTRUCTIONS

- 1 Combine the onions, peppers, garlic & mushroom stalks in a bowl
- 2 Mix the oil & chili powder in a cup & pour over the vegetable mix & stir well
- 3 Cut the avocado in half & remove the pit & the peel to make the guacamole
- 4 Put the avocado, shallot green chile & lime juice in your processor & process for 1 minute
- 5 Put the avocado mix in a bowl & cover it with plastic wrap & store in the refrigerator
- 6 Spray a saute pan or a wok with non-stick cooking spray & put on the highest setting
- 7 Place the tortillas in a warmer or in the oven at a very low temperature
- 8 Add the marinated vegetables & stir-fry over the high heat for 5 - 6 minutes until the mushrooms & peppers are just tender
- 9 Spoon the filling onto each tortilla & roll it up, garnish with the cilantro & serve with the Guacamole

ADDITIONAL OPTIONS

- 1 Add Bacos
- 2 Instead of serving the Guacamole separately, put a dollop of Guacamole in each fajita **OR** cut small pieces of avocado & use them as a garnish on top of the filling

DAIRY OPTIONS

- 1 Top your filling with grated cheese which would make this a Dairy dish
- 2 Brown Morningstar Meal Starters (crumbles) & add to vegetable filling