

# Herbal Legacy Recipes

## EASY BELL PEPPER FAJITAS

Serve these fajitas with a salad topped with brown rice and black beans.

### INGREDIENTS:

- Juice of 1/2 a lime
- 1 tablespoon ground cumin
- Salt to taste
- Pinch of cayenne pepper
- 1 large red onion, thinly sliced
- 1 green bell pepper, cored, seeded and sliced
- 1 red bell pepper, cored, seeded and sliced
- 1 tablespoon coconut oil or distilled water
- 4 large sprouted whole grain tortillas, warmed
- 1 avocado, peeled and diced
- 1/2 cup cilantro, chopped
- Salsa



### DIRECTIONS:

1. Mix lime juice, cumin, salt and cayenne in a small bowl. Put onions, peppers and lime juice mixture into a large bowl, toss well, cover and refrigerate for 20 minutes, or overnight.
2. Heat oil or water in a large nonstick skillet over high heat. Add peppers and onions and quickly stir-fry over until fragrant.
3. Assemble tacos by filling each warm tortilla with the tofu mixture, avocados, cilantro and salsa. Serve immediately.

It's easy to make alterations, add a handful of sliced mushrooms, chop up a chili pepper, try a little yellow squash.

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