Portabello Mushroom Fajitas

1 Tablespoon extra virgin olive oil
8 ounces fresh portabello mushrooms (about 4 cups, 1/2 inch thick sliced)
1 cup red onion, sliced
1 medium bell pepper (green, red, or yellow)
1 teaspoon ground cumin
1/2 teaspoon chili powder
3 Tablespoons fresh cilantro, chopped
1 medium lime, cut into wedges
1/4 teaspoon black pepper
4 whole wheat tortillas

Heat oil in large nonstick skillet over medium-high heat. Add mushrooms; sauté 5 minutes or until almost tender. Add onion, bell pepper, cumin, chili powder, black pepper; squeeze 2-3 lime wedges over veggies; cook for 4 minutes or until bell pepper is crisp-tender, stirring frequently. Remove from heat; stir in cilantro.

Spoon about 1/2 to 3/4 cup mushroom mixture down center of each tortilla; can also include a small amount of shredded, low fat Monterey jack cheese if desired. Roll up.

Serve with red salsa and/or fresh avocado on side.

Serves: 4
Cost per serving: $1.57

Nutrition facts per serving
Calories: 210
Total Fat: 7 g
  Saturated Fat: 0.5 g
  Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 190 mg
Total Carbohydrate: 31 g
Fiber: 5 g
Sugars: 4 g
Protein: 6 g