

PORTOBELLO MUSHROOM FAJITAS

Makes 4

4 sprouted grain tortillas (Ezekiel 4:9 or other good brand)
2 jumbo Portobello mushrooms, sliced in ½-inch pieces
2 tablespoons extra virgin olive oil
1 tablespoon raw apple cider vinegar
2 red onions, thinly sliced
2 red bell peppers, thinly sliced
2 yellow bell peppers, thinly sliced
¼ tsp chili powder
Celtic sea salt and freshly ground pepper to taste
1 cup of Hummus (look for an all natural brand or follow instructions)

Tomato Avocado Salsa:

2 cups tomatoes, cubed
1 avocado, cubed
1 cup fresh cilantro, chopped
½ cup yellow onion, finely chopped
3 cloves garlic, minced
1 tablespoon olive oil (extra virgin, first cold pressed, and organic)
Juice of 1 lemon or 2 limes
Cayenne, Celtic sea salt, ground coriander, and cumin to taste

Marinate the mushrooms with the olive oil and vinegar for ½ hour.

Prepare the salsa by mixing well all of the ingredients in a medium bowl. If you want to prepare your own hummus, simply put a 15-oz can of garbanzo beans in a food processor with some of the tahini dressing (p. 12). Add some water and lemon juice if the mixture is too thick. Add a pinch of cayenne if you like it spicier. Process the hummus until smooth.

Over medium heat, cook the Portobello mushrooms mixture with the onions and bell peppers, season with chili powder, salt, and pepper for about 8 minutes or until the mushrooms soft. Remove from the heat.

Warm the tortillas according to instruction. Lay out your tortillas flat and spread with hummus. Then arrange the cooked vegetables evenly on the tortillas with the salsa. Roll up the wrap and eat immediately.