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Colorful vegetable fajitas

INGREDIENTS:

- 2 tbsp of oil (grapeseed and olive oil are my favorites, but you could also use vegetable oil)
- 1 ½ lb of firm or extra firm tofu or tempeh
- 2 tsp of chili powder
- ½ tsp of cumin
- 2 tbsp of lemon or lime juice
- ½ cup of bell pepper, sliced lengthwise (try any color)
- ½ cup of onion, sliced lengthwise
- 4 whole wheat tortillas

*Cilantro, 2 tbsp of low fat cheese, or greek yogurt to taste

Directions

1. Preheat the oven to 300 °F.
2. Add oil to a non-stick frying pan over medium heat.
3. Add tofu or tempeh, seasonings, and lemon or lime juice; cook for 5-10 minutes or until tender.
4. Add pepper and onion to the pan and cook for an additional 1-2 minutes.
5. Place tortillas on foil and move to the oven. Heat for 5-10 minutes.
6. Divide mixture between tortillas, wrap, and serve.*

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