

Tempeh Fajitas

Recipe by C-

Adapted from CookingLight Magazine 6/03

This recipe yields: 4 servings (1 fajita per serving)

1 large low carb tortilla = 2 units carbs

3 tempeh pieces = 2 units protein

2 thinly slices avocado = 2 units fat

Ingredients:

1 (8 oz.) pack five-grain tempeh
1 cup Minute Maid Light Orange-tangerine Juice
1 1/2 Tbsp. Bragg's Liquid Amino's
2 Tbsp. fresh lime juice
2 tsp. ground cumin
2 tsp. canola oil
1/2 tsp. ground black pepper, divided
1 garlic clove, minced
2 cups (1/2 inch) vertically sliced sweet or purple onion
1 1/2 cups (1/2 inch) sliced orange or yellow bell pepper
Canola oil cooking spray
1/4 tsp. kosher salt
4 large La Tortilla Factory Low-Carb Wheat Tortilla's
1/4 cup Chipotle Salsa
1 avocado, (1/4 inch) sliced

Directions:

Step 1:

Cut tempeh in half crosswise; cut each half lengthwise into 6 strips.

Place tempeh in a shallow dish.

Step 2:

Combine the Minute Maid, Bragg's, lime juice, cumin, oil, 1/4 tsp. black pepper and garlic in a small saucepan; bring to a boil. Pour this mixture over tempeh slices and marinate at room temperature for 30 minutes or up to 2 hrs.

Step 3:

Put the prepared onion and pepper in a bowl. Lightly coat with the cooking spray; sprinkle with salt and 1/4 tsp. pepper.

Step 4:

Spray a grill pan (a skillet or pan with ridges) and place over high heat. When the pan is good and hot, add the onion/pepper mixture and grill for about 4 - 5 minutes; moving around with a spatula. When tender, but not soft, remove to a waiting serving dish. Do not cover.

Step 5:

Re-spray the same skillet and return to the high heat. Remove the tempeh from the marinade, reserving the marinade. Add the tempeh to the hot skillet and grill 2 minutes on each side, basting occasionally with the reserved marinade.

Step 6: Warm tortillas. Arrange 3 tempeh pieces, 1/2 cup onion mixture 2 slices avocado and 1 Tbsp. salsa down center of tortilla; roll up.

