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**SPICY BEAN FAJITAS WITH AVOCADO**

Delicious and simple to throw together, this recipe will show you how easy it is for anyone to be an at-home master chef! Protein-filled beans, creamy avocado, and the spiciness of a jalapeno all wrapped up in a whole grain tortilla make for one feisty fajita! Makes 1 medium serving.

**Ingredients:**

* A little purified water for ‘frying’
* ¼ onion, sliced lengthwise
* 1 garlic clove, minced or diced finely
* ½ can pinto or black beans, rinsed (or) 2/3 cup precooked
* ¼ tsp cumin
* ¼ tsp paprika
* ¼ tsp chili powder
* ½ tomato, diced
* ¼ avocado, sliced
* ½ jalapeno, diced finely – remove seeds for less heat
* ½ lime
* 2 regular-sized whole wheat or gluten free tortillas – or 1 large 10-inch
* Sea salt and pepper to taste

**Method:**

1. Add a few tablespoons of water a pan and bring up to medium-low heat (4-5).
2. Add the onion and sweat for 5-10 minutes, or until they become slightly translucent.
3. Add the garlic and cook for another 30 seconds, stirring frequently. Remove from heat.
4. In a separate saucepan, roughly mash the beans with a fork and heat over medium.
5. Stir in the spices with the beans until both of the ingredients are evenly mixed together and warm throughout. If needed, add a dash of water to prevent the beans from sticking to the bottom of the pan.
6. Warm the tortillas on a cookie sheet in the oven (at lowest temperature 170F) for about 2-3 minutes.
7. Spread the bean mixture evenly on each tortilla and top with the onion/garlic mixture.
8. Garnish with diced jalapenos, tomato, avocado, lime juice, salt and pepper for some extra flavor!