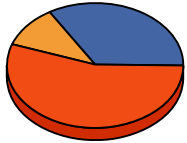




## Mushroom-Poblano Fajitas with Arugula-Pecan Salsa and Queso Fresco

Recipe grams: 1040.77g/36.7oz  
 Serves 2 520.39g/18.4oz per serving



Protein: 34%  
 Carbohydrates: 11%  
 Fat: 55%

### INGREDIENTS

1 cup ARUGULA, RAW  
 1/4 cup PECAN, DRIED, RAW, CHOPPED  
 1 pepper PEPPER, JALAPENO, RAW  
 2 tbsp OLIVE OIL, salad or cooking  
 1/4 cup LIME JUICE, UNSWEETENED, canned or bottled  
 1/2 tsp SALT, TABLE  
 1/4 tsp PEPPER, BLACK, GROUND  
 1 medium-slice ONION, RAW  
 2 item Poblano (Ancho) Pepper  
 12 oz MUSHROOM, PORTABELLA, RAW, whole  
 2 tsp CUMIN SEED, GROUND  
 8 oz CHICKEN, BREAST, MEAT ONLY, ROTISSERIED  
 4 tortilla Flour Tortillas, Mama Lupe's  
 4 tbsp CHEESE, FRESH, QUESO FRESCO, CRUMBLD

### DIRECTIONS

Chop arugula, pecans, jalapenos and combine with oil and lime juice.

Heat oil in a large skillet. Add onion and sliced poblanos and cook, stirring constantly until browned. Transfer to bowl. Add mushrooms and cumin and cook until mushrooms are browned and soft. Return pepper and onion mixture to the pan and add chicken. Cook until heated through.

Serve in tortillas with queso fresco and salsa.

### Nutrition Facts

2 servings per container  
 Serving size 1 serving (520g)

Amount per serving  
**Calories 620**

|                           |        | % Daily Value* |
|---------------------------|--------|----------------|
| <b>Total Fat</b>          | 38g    | <b>49%</b>     |
| Saturated Fat             | 6g     | <b>29%</b>     |
| Trans Fat                 | 0g     |                |
| <b>Cholesterol</b>        | 110mg  | <b>37%</b>     |
| <b>Sodium</b>             | 1630mg | <b>71%</b>     |
| <b>Total Carbohydrate</b> | 30g    | <b>11%</b>     |
| Dietary Fiber             | 13g    | <b>48%</b>     |
| Total Sugars              | 8g     |                |

**Protein 52g**

Vit. D 0.92mcg 4% • Calcium 319mg 25%  
 Iron 5mg 25% • Potas. 1160mg 25%