

Summer Seitan Saute With Cilantro & Lime

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ear-mushrooms-chinese-recipe>

Ingredients:

- 2 tablespoons olive oil divided
- 1 red onion medium, in thinly sliced half moons
- 1 jalapeno thinly sliced, seeds removed if you want less heat
- 8 ounces seitan thinly sliced
- 1 cup corn kernels
- 2 ears
- 8 ounces cremini mushrooms sliced into thin strips
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- black pepper fresh
- 3 cloves garlic minced
- 3 tablespoons fresh lime juice

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 53 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 760 milligrams
9. Sugar: 5 grams

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