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Beef Fajita

Ingredients

1½ teaspoon cumin

1½ teaspoon chili powder

vegetable oil spray

2 pounds lean beef strips

1 large green pepper, sliced

1 large red pepper, sliced

1 large yellow pepper, sliced

1 large onion, sliced

12 flour tortillas

1½ cup chopped lettuce

1½ cup salsa

1½ cup light sour cream

1½ cup low fat cheddar cheese, shredded

Makes 12 servings

Instructions

1. Mix spices together and set aside.
2. Spray a large skillet with non stick spray, set temperature to medium high. When pan is hot add beef strips, sprinkle with half the spices, cooking until brown. Set aside and keep warm.
3. In another pan, sauté peppers and onion strips sprinkle with remaining spices. Add to meat and blend together.
4. Serve with four tortillas. Top with sour cream, salsa, cheddar cheese, and lettuce.

Nutrition Facts

Serving Size 1 fajita
Servings Per Container 12

Amount Per Serving

Calories 350	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 550mg	**23%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 31g	

Vitamin A 30% • Vitamin C 110%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

33% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. November 2009

Eat Smart New York
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