

Beef Fajitas

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Fajitas have become popular, in part because they are fun to put together as well as to eat. This version is assembled, then baked.

Serves 5



Preheat oven to 350°F (180°C)

13 x 9 inch (3 L) baking dish, greased

1 tbsp	vegetable oil	15mL
1	each medium green and red bell pepper, cut into thin strips	1
2	medium onions, thinly sliced	2
1 lb	beef steak (round, flank or sirloin, trimmed and thinly sliced across the grain	500 g
2	medium tomatoes, diced	2
2	cloves garlic, minced	2
2 tsp	chili powder	10 mL
1 tsp	hot pepper sauce	5 mL
1/2 tsp	each black pepper, dry mustard and ground ginger	2 mL
10	8-inch (20cm) soft flour tortillas	10
2/3 cup	shredded light Cheddar-style cheese	150 mL

DIETITIAN'S MESSAGE

All the food groups are represented in this combination of lean beef with lots of vegetables and a bit of cheese, wrapped in a tortilla. Serve with veggie sticks for a complete finger food meal. For a Mexican-themed party, double the recipe and start the festivities with Black Bean Salsa or Fiery Verde Dip.

TIP

For convenience, you can assemble these fajitas early in the day and bake just before serving.

1. In a large non-stick skillet, heat oil over medium-high heat; cook green and red peppers and onions, stirring, for 4 to 5 minutes. Remove from pan.
2. Add beef to pan; brown for 2 minutes. Stir in tomatoes, garlic, chili powder, hot pepper sauce, pepper, mustard and ginger; heat through. Return vegetables to skillet; heat through.
3. Divide mixture among tortillas; sprinkle mixture with 1 tbsp (15mL) cheese and roll up. Place in greased 13 x 9 inch (3 L) baking dish. Bake in preheated oven for about 10 minutes to heat through.

PER SERVING

Calories: 256, Dietary Fiber: 2 g, Fat: 8 g, Carbohydrate: 30 g, Protein: 17 g