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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 - 17% calories from fat

Instructions:

1. Mix spices together and set aside.
2. Spray a large skillet with nonstick 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	



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