

Grilled Beef Fajitas

(Makes 2 servings)

This needs very little intro: it's a family favorite for my meat and potato loving husband and son. I always cook it in the George Forman grill, which I just can't live without.

Ingredients:

- 1 teaspoon extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons Mrs. Dash- Tomato Basil Garlic
- 2 teaspoons Mrs. Dash- Minced Onion Medley
- 6 ounces beef tenderloin
- 1 green bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- 2 flour tortillas
- 2 tablespoons fat free sour cream
- 2 tablespoons salsa

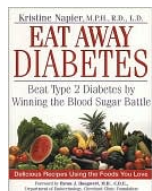
Directions:

- 1) In a flat glass 9 x 9 cake pan, blend olive oil, vinegar, and Mrs. Dash Seasonings to make marinade.
- 2) Cut beef into thin strips, and place in marinade, along with pepper strips.
- 3) Coat both sides in marinade well; cover and place in refrigerator at least one hour.
- 4) These fajitas can be broiled, grilled on an outdoor grill, or cooked on an indoor grill, such as George Forman grill.
When you are ready to cook, heat oven if broiling and spray broiler pan; or heat outdoor grill; or heat indoor grill and spray cooking surface lightly with vegetable oil spray.
- 5) Remove beef strips and pepper strips from marinade and grill or broil until meat is done to your liking. Discard marinade.
- 6) Place half of cooked meat on each flour tortilla. Add 1 tablespoon salsa and 1 tablespoon fat free sour cream.
- 7) Serve.

Nutritional Analysis:

- Calories: 311 (32% calories from fat)
- Fat: 11.2 g
- Saturated Fat: 3.4 g
- Protein: 22 g
- Carbohydrates: 30 g
- Fiber: 3.7 g
- Cholesterol: 54 mg
- Potassium: 616 mg
- Sodium: 229 mg
- Omega 3 Fatty Acids: 0.1 g

Source:



*Recipe developed and copyrighted by Kristine M. Napier, MPH, RD, LD.
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This cookbook is available in bookstores or online from BN.com or Amazon.com.