

Beef or Pork Fajitas

1 lb. top sirloin or pork tenderloin, boneless
3 tbsp. lime juice
1/2 tsp. coriander
1/2 tsp. chili powder
1 green bell pepper, sliced
1 onion, sliced
8 flour tortillas
Salsa (optional)

Cut meat into 1" strips. Mix lime juice with coriander and chili powder and pour over meat. Set aside for a few minutes or for up to 3 hours. Meanwhile, slice vegetables, add to meat mixture and stir. Spray a skillet with vegetable cooking spray and stir-fry meat and vegetables until done. Warm tortillas in microwave about 50 seconds on high or in nonstick skillet. Fill each tortilla with meat mixture and serve with salsa. Makes 6 servings.

Nutrition information per serving:

With Beef: calories 260; protein 26 grams; fat 12 grams; sodium 111 mg

With Pork: calories 233; protein 25 grams; fat 10 grams; sodium 115