

## Fajitas

1 lb. beef or chicken strips, cut for stir-frying  
1/4 cup dry wine  
4 tbsp. light soy sauce  
2 cloves garlic, minced (or 1 tsp. garlic powder)  
1 tsp. lemon pepper seasoning  
1 tbsp. lemon juice  
1 tbsp. olive oil, if necessary  
2 medium green peppers, thinly sliced  
1 medium onion, thinly sliced  
1 medium tomato, cut in eighths  
6 small flour tortillas  
1/4 cup fat-free cheddar cheese, shredded  
1/4 cup salsa

Marinate meat strips in a mixture of wine, soy sauce, garlic, lemon pepper, and lemon juice for 30 minutes to 1 hour. Drain, reserving marinade.

Heat a heavy skillet over medium-high heat and brown meat. Use oil if necessary. Add 4-5 tbsp. of the marinade to the browning meat. Add green peppers, onion and tomato to browned mixture and cook 3-5 minutes. Warm flour tortillas between paper towels in microwave for 30 seconds.

Serve with cheese, warm refried beans and salsa. Makes 6 servings.

Nutrition information per serving:

*Beef:* calories 300; protein 29 grams; fat 10 grams; sodium 529 mg

*Chicken:* calories 270; protein 30 grams; fat 7 grams; sodium 549 mg