

Beef Fajitas

Ingredients

- 1/4 cup onion
- 1/2 cup green bell pepper
- 1/8 tsp vegetable oil
- 9-5/8 oz beef shreds
- 3/8 tsp cumin
- 1/4 tsp garlic powder
- 4 whole grain tortillas
- 9-1/2 tbsp American blended cheese, reduced fat
- 1/2 cup cherry tomatoes



Directions

1. Wash all produce thoroughly. Julienne onions and peppers.
2. In a large pot, sauté onions and peppers with oil to desired texture.
3. In a large pot on stove or steam pan in oven at 350°F, heat beef with seasonings until it reaches an internal temperature of 165°F.
4. Heat tortillas in warmer. Place beef, onions, and peppers on tortilla. Top with cheese and tomatoes.

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 321 calories,
14.08 g fat, 5.95 g saturated fat,
685 mg sodium, 25.53 g
carbohydrate, 2.64 g fiber, 2.8 g
sugar, 22.69 g protein