



Grilled Pork Fajitas

Recipe Courtesy Mayo Clinic

Ingredients

- 1 Tbsp chili powder
- ½ tsp oregano
- ½ tsp paprika
- ¼ tsp coriander
- ¼ tsp garlic powder
- 1 lb pork tenderloin, cut into strips ½-inch wide and 2-inches long
- 1 small onion, sliced
- 8 whole wheat tortillas, about 8 inches in diameter, warmed
- ½ cup low fat shredded sharp cheddar cheese
- 4 medium tomatoes, diced
- 4 cups shredded lettuce
- 1 cup green salsa (mild or spicy, depending on your tastes)

1. Heat grill or broiler to 400-degrees, or medium high heat.
2. In a small bowl, stir together the first 5 ingredients.
3. Dredge pork pieces in spices, covering completely.
4. Cook pork strips and onion in grill basket or cast iron pan, coated with non-stick spray. Turn frequently until browned, about 5 minutes.
5. Spread an equal amount of pork and onions on each tortilla. Top with cheese, veggies and salsa. Serve immediately.
6. Makes 8 servings.

Nutrition Facts

Serving Size: One tortilla with 1/8 pork mixture

Calories	234
Total Fat	8g
Saturated Fat	3g
Cholesterol	45mg
Sodium	309mg
Carbohydrates	23g
Dietary Fiber	5g
Protein	18g

Diabetic Exchanges

Protein	2
Carbohydrates	1
Fat	1