

# 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 five 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

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