

Grilled pork fajitas

Tip: This recipe uses pork tenderloin — a tender, lean meat. Traditionally, fajitas are made with skirt (flank) beef steak, which has twice the fat and three times the amount of saturated fat.

SERVES 8

Ingredients

1 tablespoon chili powder
1/2 teaspoon oregano
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon garlic powder
1 pound pork tenderloin, cut into strips 1/2 inch wide and 2 inches long
1 small onion, sliced
8 whole-wheat flour tortillas, about 8 inches in diameter, warmed in the microwave
1/2 cup shredded sharp cheddar cheese
4 medium tomatoes, diced
4 cups shredded lettuce
1 cup salsa

Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler to medium-high or 400 F.

In a small bowl, stir together the chili powder, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely.

Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.

To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon

cheese, about 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, then roll to close. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fajita			
Calories	234	Cholesterol	45 mg
Protein	18 g	Sodium	309 mg
Carbohydrate	23 g	Fiber	5 g
Total fat	8 g	Potassium	508 mg
Saturated fat	3 g	Calcium	115 mg
Monounsaturated fat	3 g		

DIABETES MEAL PLAN EXCHANGES

Starches	1
Nonstarchy vegetables	2
Meat and meat substitutes	2