

Southwestern Fajitas

1 lb New York Strip Steak
2 tbsp Worcestershire Sauce
1 tsp freshly diced garlic
kosher salt and freshly cracked pepper

2 tbsp extra virgin olive oil
1 green bell pepper
1 red bell pepper
1 yellow bell pepper
1 medium onion
2 garlic cloves
1 tsp lime zest
1 cup chopped green cabbage
½ cup chopped cilantro
¼ golden raisins

flour tortillas

1. Cut your New York Strip Steak into thin slices and place in a large bowl.
2. To the bowl add, Worcestershire Sauce, diced garlic, salt and freshly cracked pepper.
3. Allow mixture to sit while preparing other portions of recipe (about 15 minutes).
4. Clean and slice into thin lengthwise cuts the bell peppers.
5. Peel and thinly slice onion.
6. Peel and dice garlic cloves.
7. Heat a large sauté pan and add extra virgin olive oil.
8. Add sliced New York Strip Steak and sauté until cooked.
9. Add bell peppers, onions, and garlic cloves. Sauté until tender.
10. In a large bowl add, thinly sliced cabbage, chopped cilantro, lime zest, and raisins.
Toss to mix well.
11. Add steak mixture and toss to mix well. Add salt and pepper to taste.
12. Place fajita mixture on a large platter accompanied with flour tortillas.
13. Place fajita mixture into flour tortilla roll up and enjoy!

Nutrient Analysis for 8 servings

Serving Size: 1 tortilla, 2 oz of meat	
Calories	266
Protein	19 g
Carbohydrate	26 g
Total Fat	9.5 g
Saturated Fat	2.5 g
Monounsaturated Fat	4 g
Cholesterol	27 mg
Sodium	262 mg
Fiber	3.5 g
Potassium	430 mg
Calcium	30 mg

Diabetic Exchanges

Protein	2
Fat	2
Carbohydrates	2