



Southwestern Fajitas

Serves 8

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

Nutritional Analysis

Serving Size: 1 tortilla, 2 oz of meat

Calories	266
Fat	9.5g
Saturated Fat	2.5g
Monounsaturated Fat	4g
Cholesterol	27mg
Sodium	262mg
Carbohydrates	26g
Dietary Fiber	3.5g
Protein	19g
Potassium	430mg
Calcium	30mg

Diabetic Exchanges:

Protein	2
Fat	2
Carbohydrates	2