



# Read Message In-Box

RELATED: [Dictionary](#)  
[Thesaurus](#)

Date: Wed, 12 Aug 1998 11:28:13 +0000  
Reply-To: lhjkitchen@LHJ.COM  
From: LHJ Kitchen <lhjkitchen@LHJ.COM> [Save Address](#) [Block Sender](#)  
Subject: Saucy Pork Fajitas from LHJ  
To: LHJRECIPE@MEDIA.TEAMNET.NET

## SAUCY PORK FAJITAS FROM LHJ ONLINE <http://www.lhj.com>

Juicy, succulent pork in a Mexican-accented sauce is all wrapped up in steaming-hot tortillas. The surprise ingredient: peach preserves, which give the mix a fruity sweetness. We specify a mild salsa, but if you like your fajitas with a bite, use a hotter one.

Prep time: 20 minutes  
Cooking time: 15 minutes  
Degree of difficulty: Easy  
Microwave

- 1 1/2 pounds boneless pork loin, cut into 1 1/2x1/4-inch strips
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 teaspoons vegetable oil, divided
- 2 large green bell peppers, cut into thin strips
- 2 cups sliced onions
- 1 cup chunky, mild salsa
- 1/4 cup peach preserves
- 1/4 cup sliced green onions
- 1/4 cup chopped fresh cilantro
- 12 flour tortillas (7 inch)
- 2/3 cup sour cream

1. Toss pork with salt and pepper. Heat 2 teaspoons oil in large skillet over high heat. Add half of pork; cook, stirring, until brown, 1 to 2 minutes. Remove with slotted spoon; repeat with 2 more teaspoons oil and remaining pork. Remove from skillet. Reduce heat to medium.
2. Add remaining 2 teaspoons oil to skillet; cook peppers and onions, until tender, 10 to 12 minutes.
3. Return pork to skillet. Stir in salsa and preserves; heat through. Remove from heat; stir in green onions and cilantro.
4. Place tortillas between dampened paper towels; microwave on High 30 to 50 seconds or until warm and just steaming. Fill each tortilla with a scant 1/2 cup pork mixture. Serve each with a dollop of sour cream. Makes 6 servings or 12 fajitas.

PER SERVING (2 FAJITAS)  
Calories 540  
Total Fat 26 g  
Saturated Fat 8 g  
Cholesterol 82 mg  
Sodium 1,449 mg