

fat-proof your menus

- The secret? Lots of veggies and starches (virtually *no fat*) plus lean meat.
- Our fajitas are balanced with Mexican corn, tomato and red onion salad with balsamic vinegar, and orange slices sprinkled with coconut, so fat's *under 30%*.

BEEF AND VEGETABLE FAJITAS

Makes four servings at \$1.04 each.

Broil for 20 minutes.

Nutrient Value Per Serving: 451 calories, 24 g protein, 13 g fat, 57 g carbohydrate, 521 mg sodium, 44 mg cholesterol.

Exchanges: 3 starch/bread, 2 vegetables, 2½ lean meat, 1 fat.

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- 1 pound flank steak
 - 1 Spanish onion (9 ounces), sliced
 - 1 sweet red pepper (8 ounces), sliced into strips
 - 1 garlic clove, finely chopped
 - ¼ cup lime juice
 - 1 tablespoon olive oil
 - 1 tablespoon balsamic vinegar
 - 2 tablespoons fresh coriander, chopped
 - ¼ teaspoon ground cumin
 - ⅛ teaspoon salt
 - 8 flour tortillas

1. Place steak, onion and red pepper in shallow dish. Combine garlic, lime juice, oil, vinegar, coriander, cumin and salt; pour over steak and vegetables. Toss, cover and refrigerate 1 to 2 hours.

2. Preheat broiler. Broil steak 8 to 10 minutes, one side; turn. Add vegetables and remaining marinade; broil 10 more minutes or until meat is done. Cut meat at 45° angle in thin slices. Mound steak and veggies in tortillas; fold. Serve.

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