



FAJITAS

Makes 4 servings at \$2.27 each.

Nutrient Value Per Serving: 607 calories, 34 gm. protein, 25 gm. fat, 52 gm. carbohydrate, 345 mg. sodium, 77 mg. cholesterol.

Marinade (recipe follows)

- 1 pound flank steak, cut into 2x1/4x1/4-inch strips
- 8 flour tortillas (8-inch)
- 2 tablespoons vegetable oil
- 1 medium-size sweet green pepper, seeded and cut into 1/4-inch-thick slices

- 1 large onion, halved and cut into 1/4-inch-thick slices
- 2 medium-size tomatoes, halved, seeded and cut into thin wedges
- Avocado dip, picante sauce and dairy sour cream for toppings

1. Pour Marinade over steak in bowl. Chill, covered, overnight.
2. Wrap tortillas in foil. Warm in 350° oven for 10 minutes.
3. Heat oil in very large cast-iron skillet over medium-high heat. Remove steak from Marinade. Pat dry with paper toweling. Stir-fry meat in batches, 3 to 4 minutes; push meat to side of skillet as it cooks. Add pepper and onion; stir-fry 3 to 5 minutes. Add tomatoes; stir-fry 2 minutes.
4. Bring skillet to table so everyone can fill a tortilla with meat and vegetables and choose a topping.

MARINADE: Stir together 1/2 cup Italian salad dressing, 1/4 cup fresh lime juice, 2 tablespoons light brown sugar, 1/4 teaspoon ground coriander, 1 clove garlic, finely chopped, and 1/2 teaspoon salt.

MENU

Corn Chips with
Hot Sauce
Fajitas*

Fresh Pineapple Slices
with Pineapple Sherbet

*Recipe included

Photo by Bill McGinn. Illustration by Mary Young Duarte.