

inside the **LHJ kitchen****GRILLED STEAK FAJITA**

Start with a tortilla. Stuff it with lean sirloin, vegetables, rice and salsa. You'll leave the dinner table feeling satisfied—the secret to successful weight loss.



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Prep time: 15 minutes

Cooking time: 12 to 16 minutes

Easy, low-fat, microwave

2 teaspoons vegetable oil
 2 green peppers, sliced
 1 red pepper, sliced
 1 medium onion, sliced
 1 tablespoon chopped garlic
 3/4 teaspoon salt, divided
 1/2 teaspoon cumin
 1/2 teaspoon chili powder
 1/4 teaspoon freshly ground pepper
 1/4 teaspoon oregano
 1/8 teaspoon cinnamon
 1 pound top sirloin, trimmed
 4 (10-inch) burrito-size tortillas
 1 cup prepared salsa
 2 cups cooked rice

1. Heat grill. Heat oil in large nonstick skillet over medium heat. Add peppers, onion and garlic. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in 1/4 teaspoon salt.

2. Meanwhile, combine remaining 1/2 teaspoon salt, cumin, chili powder, pepper, oregano and cinnamon in cup. Sprinkle on steak. Grill steak 6 to 8 minutes per side for medium rare.

3. Microwave tortillas in dampened paper towels on High 30 to 50 seconds. Slice meat. Divide meat in center of each tortilla; top with vegetables. Roll up. Serve with salsa and rice. Makes 4 servings.