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Subject: Pork Fajitas From LHJ
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PORK FAJITAS FROM LHJ ONLINE <http://www.lhj.com>

Lean pork tenderloin and seasoned vegetables make delicious, fast and easy fajitas.

Prep time: 20 minutes
Cooking time: 7 minutes
Degree of difficulty: Easy
Low-fat
Low-calorie

- 1 teaspoon olive oil
- 1 pound pork tenderloin, cut into thin strips
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 red pepper, thinly sliced
- 1 green pepper, thinly sliced
- 1 small onion, thinly sliced
- 1 garlic clove, minced
- 1/2 teaspoon cumin
- 2 teaspoons fresh lime juice
- 8 (6-inch) flour tortillas, warmed
- 1/2 cup prepared salsa
- Shredded lettuce, chopped avocado, cilantro, tomatoes and olives, for garnish

1. Heat oil in large skillet over high heat. Add pork; sprinkle with salt and pepper and cook, stirring, 2 minutes. Stir in peppers, onion, garlic and cumin. Cook until vegetables are tender-crisp, 3 to 4 minutes more. Stir in lime juice. Makes 6 cups.

2. To serve, roll 3/4 cup pork mixture in each tortilla with 1 tablespoon salsa and choice of garnishes. Makes 4 servings.

PER SERVING WITHOUT GARNISHES
Calories 325
Total Fat 10 g
Saturated Fat 3 g
Cholesterol 75 mg
Sodium 702 mg
Carbohydrates 30 g
Protein 28 g

DAILY GOAL
Calories 2,000 (F), 2,500 (M)
Total Fat 60 g or less (F), 70 g or less (M)
Saturated Fat 20 g or less (F), 23 g or less (M)
Cholesterol 300 mg or less
Sodium 2,400 mg or less