

# quick beef fajitas

Serves: 8

Prep and Cook time: 30 min

Per serving: 271 calories, 11.4 g fat, 296 mg sodium

2 TBS olive oil

1 TBS minced garlic

1 onion, sliced

1 green or red bell pepper, sliced

2 tsp ground cumin

1/2 cup salsa

2 cups sliced or shredded beef

1/2 cup low fat sour cream

8 whole-wheat tortillas

1. In a large skillet over medium heat, heat olive oil and sauté garlic, onion, and bell pepper for 5 minutes. Add cumin and salsa. Stir well and cook 5 minutes.

2. Add beef. Cook 10 minutes, stirring occasionally. Wrap beef and vegetables in whole-wheat tortillas. Top each with 1 TBS sour cream.

Vary It! Add vegetables such as zucchini, broccoli, carrots, or mushrooms to these fajitas. The vegetables can be fresh, canned, or frozen, and they all taste great! You can use leftover pork in place of the beef.

