



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Fajitas*

- 2 tablespoons canola oil
- 1 pound beef round steak or skinless, boneless chicken breasts (cut into thin strips)
- 1 medium onion, sliced
- 1 medium green pepper, seeded and cut into thin strips
- 1 to 2 tablespoons lime juice (½ whole lime)
- 1 tablespoon Fajita Seasoning
- 8 flour whole-wheat tortillas

Condiments: Shredded cheese, chopped tomatoes, shredded lettuce, salsa, lowfat sour cream

1. In a large skillet over medium heat, heat canola oil. Add beef or chicken. Cook until beef reaches desired doneness or the chicken is tender and no longer pink. Transfer meat to a bowl.
2. Reduce heat to medium-low. Add onion and pepper. Cook and stir until vegetables are tender.
3. Add lime juice, and seasoning mixture. Continue cooking for 2 minutes.
4. Add cooked meat back to skillet. Heat through.
5. Serve meat and vegetables rolled in tortillas with desired condiments. Serves 8.

Nutrition Facts

Serving Size: 1 fajita (128g)	
Servings: 8	
Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 320mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 10g	39%
Sugars 1g	
Protein 15g	
Vitamin A 4%	Vitamin C 25%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show
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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.