

## Steak Fajitas with Salsa

Serves 4

### Marinade:

- ▶ 2 tablespoons fresh lime juice
- ▶ 2 teaspoons canola oil
- ▶ 2 large garlic cloves, minced

### Fajitas:

- ▶ 1 pound boneless beef top round or top sirloin steak (about ½ inch thick), all visible fat discarded
- ▶ Vegetable oil spray
- ▶ 8 6-inch fat-free or low-fat whole-wheat flour tortillas

In a large resealable plastic bag or glass baking dish, stir together the marinade ingredients. Add the beef, turning to coat. Seal the bag or cover the dish and refrigerate for 20 to 30 minutes, turning once.

Meanwhile, prepare the salsa (recipe follows).

Preheat the broiler. Lightly spray a broiler pan and rack with vegetable oil spray. Remove the steak from the marinade. Discard the marinade. Place the steak on the rack in the broiler pan. With the surface of the meat 2 to 3 inches from the heat, broil for 12 to 13 minutes (9 to 12 minutes for top sirloin steak) for medium-rare doneness, turning occasionally.

Cut the steak crosswise into very thin slices. Meanwhile, warm the tortillas using the package directions. Serve the beef in the tortillas. Top with the salsa.

### Salsa

- ▶ 1 large tomato, seeded, chopped, and drained (about 1 cup)
- ▶ ½ cup diced zucchini
- ▶ ¼ cup snipped fresh cilantro
- ▶ ¼ cup bottled salsa
- ▶ 1 tablespoon fresh lime juice

In a medium bowl, stir together all the ingredients.\



**DIETARY EXCHANGES** 2½ Starch, 3 Lean Meat

**NUTRIENTS PER SERVING** Calories 356; Total Fat 5.9 g; Saturated Fat 1.7 g; Polyunsaturated Fat 0.6 g; Monounsaturated Fat 2.7 g; Carbohydrates 41 g; Fiber 2.3 g; Cholesterol 61 mg; Protein 32 g; Sodium 634 mg; Niacin 5.3 mg; Vitamin B<sub>6</sub> 0.5 mg; Vitamin B<sub>12</sub> 1.5 mg; Selenium 32.9 mg; Zinc 4.9 mg; Iron 4.1 mg

This recipe is an excellent source of protein, niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, selenium, zinc, and iron.