



Beef Fajitas

YIELD: 6 SERVINGS

INGREDIENTS

- $\frac{3}{4}$ pound lean beef flank steak
- 1 $\frac{1}{2}$ tablespoon chili powder
- $\frac{1}{2}$ teaspoon salt
- Cooking Spray
- 1 medium-size sweet red or green pepper, thinly sliced (about 1 cup)
- 1 medium onion, sliced and separated into rings (about 1 $\frac{1}{2}$ cups)
- 2 tablespoons lime juice
- 6 (8 inch) fat free flour tortillas
- 1 medium tomato, chopped about $\frac{3}{4}$ cup
- $\frac{1}{3}$ cup minced fresh cilantro
- 2 cups shredded romaine lettuce
- $\frac{1}{2}$ cup chunky salsa (optional)
- $\frac{1}{2}$ cup nonfat sour cream (optional)

DIRECTIONS

1. Cut steak diagonally across grain into $\frac{1}{4}$ inch thick slices. Toss steak with chili powder and salt; set aside.
2. Coat a large nonstick skillet with cooking spray; place over medium- high heat until hot. Add pepper and onions; cook 4 minutes or until crisp-tender. Remove from skillet and set aside.
3. Add steak to skillet and cook 2 to 3 minutes or until steak is done. Stir in lime juice.
4. Wrap tortillas in wax paper; microwave at HIGH 30 seconds. Divide steak evenly among warm tortillas. Top each with pepper and onion mixture, tomato, cilantro, and lettuce roll up tortillas. If desired serve with salsa and sour cream.

Fiesta Spanish Rice

YIELD: 6 SERVINGS

INGREDIENTS

- Vegetable cooking spray
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 1 (14 ½ ounce) can no-salt-added whole tomatoes, undrained and chopped
- 1 (13 ¾ ounce) can no-salt-added beef broth
- 1 (4 ounce) can chopped green chilis; undrained
- 1 ½ teaspoons chili powder
- 1/8 teaspoon salt
- Dash of hot sauce
- 1 cup long-grain rice, uncooked

DIRECTIONS

1. Coat a large saucepan with cooking spray; place over medium-high heat until hot. Add onion and garlic; sauté until crisp-tender.
2. Stir in tomato and next 5 ingredients; bring to a boil.
3. Stir in rice. Cover, reduce heat, and simmer 20 to 25 minutes or until rice is tender and liquid is absorbed.



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