Beef Fajitas

Makes 4 Servings

Ingredients:

1 tablespoon chili powder
1 teaspoon paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon cumin
1 teaspoon cayenne pepper
1/2 teaspoon salt
Juice of 1 lime
1 pound Flank Steak
8 tortillas
2 medium sliced Bell peppers
1 medium sliced white onion
1 tablespoon olive oil
1 teaspoon pepper

Directions:

1. Wash your hands and clean your cooking area.
2. Wash all produce under cool running water with a soft veggie brush.
3. Start by mixing together the chili powder, paprika, onion powder, garlic powered, cumin, cayenne pepper, salt. Add in the lime juice and mix well to create a runny paste.
4. Place flank steak in a seal-able plastic bag and place the spice paste in the bag thoroughly coat the steak.
5. Cook the beef over a medium heat on the grill until it reaches at least 145 degrees (for 8 to 10 minutes on each side).
6. Slice the onion, and bell pepper and coat with olive oil and pepper.
7. Cook the onion and pepper over medium heat on the grill (recommend using a grill basket) until the vegetable soften.
8. Assemble the beef and vegetables on 8 tortillas
9. Serve with your favorite side!

Nutrition Facts

Serving Size 2 fajitas
Servings Per Container 4

Amount Per Serving	
Calories 220	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 370mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 16g	

Vitamin A 15% • Vitamin C 110%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Family Conversation Starter:

What scares you the most and why?

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