

# STEAK FAJITAS – August 2022

## *Intentional Connections Toolkit Recipe of the Month*



*Zesty salsa and tender strips of steak make these traditional fajitas extra special. —Rebecca Baird, Salt Lake City, Utah*

Recipe found on [www.tasteofhome.com](http://www.tasteofhome.com)

## Ingredients

- 2 large tomatoes, seeded and chopped
  - 1/2 cup diced red onion
  - 1/4 cup lime juice
  - 1 jalapeno pepper, seeded and minced
  - 3 tablespoons minced fresh cilantro
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- 2 teaspoons ground cumin, divided
  - 3/4 teaspoon salt, divided
  - 1 beef flank steak (about 1-1/2 pounds)
  - 1 tablespoon canola oil
  - 1 large onion, halved and sliced
  - 6 whole wheat tortillas (8 inches), warmed
  - Optional: Sliced avocado and lime wedges
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## Directions

1. For salsa, place first 5 ingredients in a small bowl; stir in 1 teaspoon cumin and 1/4 teaspoon salt. Let stand until serving.
2. Sprinkle steak with the remaining cumin and salt. Grill, covered, over medium heat or broil 4 in. from heat until meat reaches desired doneness (for medium-rare, a thermometer should read 135°), 6-8 minutes. Let stand 5 minutes.
3. Meanwhile, in a skillet, heat oil over medium-high heat; saute onion until crisp-tender. Slice steak thinly across the grain; serve in tortillas with onion and salsa. If desired, serve with avocado and lime wedges.

### Nutrition Facts

1 fajita: 329 calories, 12g fat (4g saturated fat), 54mg cholesterol, 498mg sodium, 29g carbohydrate (3g sugars, 5g fiber), 27g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1/2 fat.