



## Steak Fajitas

6 Servings • 1 Serving = 3 Ounces of Steak with ¼ Cup Vegetables

### INGREDIENTS

- 1 pound flank steak
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 Tablespoon extra virgin olive oil
- ½ red bell pepper, thinly sliced
- ½ green bell pepper, thinly sliced
- ¼ teaspoon or white onion, thinly sliced
- Boston Bib lettuce or romaine lettuce
- Optional: avocado, salsa

### DIRECTIONS

1. Pat the steak with a paper towel. Combine the garlic powder, onion powder, cumin, salt, and black pepper in a bowl. With your fingers, rub the seasoning on both sides of the steak. Set aside.
2. Heat a large skillet over medium-high heat. While the skillet warms up, slice the steak against the grain into thin, even slices. Once the skillet is warm, add oil and slices of steak. Let brown and stir occasionally, allowing the meat to cook. Stir in the pepper and onion and continue to cook until vegetables soften.
3. Remove the steak and vegetables from the skillet and serve on lettuce cups with avocado and salsa.

### Nutrition Facts

6 servings per container  
Serving size **3 ounces steak and 1/4 cup vegetables**

Amount per serving  
**Calories 140**

% Daily Value\*

<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 17g

Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 313mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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