

Eat
Well



EASY BEEF FAJITAS WITH LIME SOUR CREAM

These fajitas are so flavourful they are bound to be a family favourite. As an added bonus, this must-try recipe can be whipped up in a snap, perfect for busy families.

Prep
Time **10**
min

Cook
Time **10**
min

Makes 6
fajitas

- 2 small beef grilling steaks, excess fat trimmed (about 400 g/12 oz)
 - 10 mL (2 tsp) chili powder
 - 2 mL (1/2 tsp) ground cumin
 - 2 mL (1/2 tsp) fresh ground pepper
 - 10 mL (2 tsp) canola oil, divided
 - 1 onion, thinly sliced
 - 2 red, orange or yellow bell peppers, thinly sliced
 - 75 mL (1/3 cup) chopped fresh cilantro
 - 6 small whole wheat or corn tortillas
- LIME SOUR CREAM:**
- 60 mL (1/4 cup) light sour cream
 - 2 mL (1/2 tsp) grated lime rind
 - 30 mL (2 tbsp) lime juice

1. Using a large knife, thinly slice steak crosswise into thin strips. Toss with chili powder, cumin and pepper.

2. In a nonstick skillet, heat half of the oil over medium-high heat and brown beef. Remove to plate. Add remaining oil in same skillet and sauté onion, bell peppers and cilantro for 4 minutes or until tender crisp. Return beef to skillet and heat through.

3. For the lime sour cream, in a small bowl, stir together sour cream, lime rind and lime juice.

4. Divide beef-veggie mixture among tortillas and top with lime sour cream.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER FAJITA

% DV

Calories	231	-
Fat	7 g	11 %
Saturated + Trans	2 g 0 g	10 % -
Cholesterol	35 mg	-
Sodium	266 mg	11 %
Carbohydrate	22 g	7 %
Fibre	3 g	11 %
Sugars	3 g	-
Protein	18 g	-
Vitamin A	-	19 %
Vitamin C	-	114 %
Calcium	-	3 %
Iron	-	19 %

TIPS

- Cut down your prep time with a little planning. Slice the veggies and beef ahead of time, and make the lime sour cream. That way, you only need 10 minutes to make dinner.
- Try these variations:
 - Tofu Fajita Option: Omit steaks and use 1 pkg (350 g) extra firm tofu. Add 5 mL (1 tsp) of oil to the chili and cumin mixture to help spices stick to tofu.
 - Chicken Fajita Option: Swap out beef steaks and use 1 pkg (400 g) boneless, skinless chicken breasts instead.
 - Shrimp Fajita Option: Instead of the steaks, sub in one bag (400 g) of large raw peeled, deveined shrimp, thawed.