

Fajitas with Pico de Gallo

Ingredients:

- 1 lb. boneless sirloin steak or flank steak, cut 3/4 inch thick
- 8 8-inch flour tortillas, warmed

Marinade

- 2 Tbsp fresh lime juice
- 2 tsp. vegetable oil
- 2 cloves garlic, crushed

Pico de Gallo

- 1/2 c. diced zucchini
- 1/2 c. seeded, chopped tomato
- 1/4 c. chopped fresh cilantro
- 1/4 c. prepared picante sauce or salsa
- 1 Tbsp. fresh lime juice

Featured in: FN # or Prairie Fare
May 27, 2004

<http://www.ext.nodak.edu/extnews/newsrelease/2004/052704/03prairi.htm>

NDSU EXTENSION
SERVICE

Directions

- Combine marinade ingredients. Place beef steak in plastic bag; add marinade, turning to coat. Close bag securely and marinate in refrigerator 20 to 30 minutes, turning once. Prepare Pico de Gallo. Remove steak from marinade; discard marinade. Grill about 15 minutes for medium doneness. Trim fat from steak. Carve steak crosswise into slices; serve in tortillas with Pico de Gallo.

Makes 4 servings (2 filled tortillas with 1/4 c. Pico de Gallo). Each serving has 433 calories, 13 grams fat, 32 grams protein and 46 grams carbohydrate.

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