

Beef or Chicken Fajitas

- 4 sprouted wheat tortillas
- 1 1/4 lbs. of beef skirt steak, trimmed, cut across the grain into 1" wide strips or chicken cut into 1" strips
- 1 small red or green pepper or half of a big one
- 1/2 small onion

Whisk marinade together:

- juice of 2 large, juicy limes
- 1 T. olive oil
- 1/2 c. chopped cilantro
- 2 cloves minced garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- ground black pepper to taste

Arrange the steak or chicken in a single layer in a nonreactive roasting pan just large enough to hold it. Pour the marinade over the meat, turn to coat, cover and refrigerate all day or overnight. Honestly though, if you only think of it at night and marinade even an hour, it'll be good. You can toss it several times while it's marinating. Before you cook the meat, roll and wrap your sprouted wheat tortillas in aluminum foil. You can warm them on the fire or in the oven while the meat is cooking.

Prepare a charcoal fire or preheat the oven. Pour off the marinade and sprinkle with 1/2 teaspoon of salt. Sometimes if you don't get a lot of juice from the limes the meat will soak it all up. That's ok. Grill or broil for 3 minutes each side for medium rare. Sauté 1 small green or red bell pepper and 1/2 onion sliced in thin 1" strips in 1 tablespoon of olive oil and add to the marinated meat. Serve with sliced avocado or guacamole and a couple of heaping spoonfuls of fresh tomato salsa.

Serves 4

200 calories per serving