

Low Glycemic Fajita Recipe

- 4 sprouted wheat tortillas (Ezekiel, Alvarado St. Baker, Food for Life)
- 1 1/4 lbs. of beef skirt steak, trimmed, cut across the grain into 1" wide strips

Whisk marinade together:

- juice of 2 limes
- 1 T. olive oil
- 1/2 c. chopped cilantro
- 2 cloves minced garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Arrange the steak in a single layer in a nonreactive roasting pan just large enough to hold it. Pour the marinade over the steak, turn to coat, cover and refrigerate all day or overnight. You can toss it several times while it's marinating. Before you cook the steak, roll and wrap your sprouted wheat tortillas in aluminum foil. You can warm them on the fire or in the oven (250 degrees) 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. Grill or broil for 3 minutes each side for medium rare. Serve with sliced avocado and a spoonful or two of salsa.

Serves 2

200 calories per serving

Note: If you are having the fajitas with a little salad then 2 for one person is reasonable. If you are serving them with a serving of beans and a hearty salad, one is better.