

Quick Fajitas with Pico de Gallo



Ingredients:

- 1 pound well-trimmed boneless beef top round or top sirloin steak cut 3/4-inch thick
- 8 small flour tortillas
- Lime wedges (optional)
- Cilantro sprigs (optional)

Marinade:

- 2 tablespoons fresh lime juice
- 2 teaspoons vegetable oil
- 2 large cloves garlic, crushed

Pico de Gallo:

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

Cooking instructions:

1. Place beef steak in plastic bag; add marinade ingredients, turning to coat. Close bag securely and marinate in refrigerator 20 to 30 minutes, turning once. Wrap tortillas securely in heavy-duty aluminum foil.
2. Meanwhile in medium bowl, combine Pico de Gallo ingredients, mixing well.
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill steak, uncovered, 8 to 9 minutes (10 to 12 minutes for top sirloin steak) for medium rare to medium doneness, turning occasionally. During last 5 minutes, place tortilla packet on outer edge of grid, turning occasionally.
4. Trim fat from steak; carve crosswise into very thin slices. Serve beef in tortillas with Pico de Gallo.

Makes 4 servings (serving size: 2 filled tortillas and approximately 1/3 cup Pico de Gallo)

Total preparation and cooking time: 45 minutes

Nutrition information

Nutrition information per serving (top round): 338 calories, 32 g protein; 32 g carbohydrate; 8 g fat (2 g saturated fat); 4.4 mg iron; 475 mg sodium; 71 mg cholesterol. Nutrition information per serving (top sirloin): 350 calories; 31 g protein; 32 g carbohydrate; 10 g fat (3 g saturated fat); 4.8 mg iron; 479 mg sodium; 76 mg cholesterol.

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