

Fajitas

Tip: For vegetarian guests, grill the onion and the peppers in a separate pan.

Pan-grilled chicken and beef (see below)

12 flour tortillas or sandwich wraps

1 large red onion, cut into thin wedges

3 bell peppers (mixed colors), cut into thin strips

2 tsp. oil

Garnishes



1. Preheat the oven to 200°F.
2. Cook the chicken and beef, and keep warm in the oven. Wrap the tortillas in foil and warm in the oven.
3. Toss the onion and peppers with the oil. Cook in the grill pan used for the meat until wilted. Transfer to a bowl.
4. Place the garnishes in little serving bowls. Place the tortillas on a plate and cover with a napkin to keep warm.

Makes 6 servings (plus leftovers)

Total time: 1 hour

Per serving (without garnishes): 418 calories, 14 g fat, 41 g carbohydrates (3.4 g fiber), 30 g protein, 720 mg sodium

Pan-Grilled Chicken and Beef

Tip: You can also make these spicy strips on an outdoor grill (on a grill topper).

Chicken

2 tsp. garlic powder

1 tsp. cumin

½ tsp. salt

¼ tsp. each turmeric and pepper

1½ lb. skinless, boneless chicken breasts, cut into thin strips





Beef

2 tsp. garlic powder

1 tsp. each chili powder and cumin

½ tsp. salt

¼ tsp. pepper

1½ lb. hanger steak, cut into thin strips

Vegetable oil



1. Preheat the oven to 200°F.
2. Make the chicken-spice rub: In a sturdy ziplock plastic bag, combine the garlic powder, cumin, salt, turmeric and pepper. Add the chicken and shake to coat.
3. Make the beef-spice rub: In another ziplock plastic bag, combine the garlic powder, chili powder, cumin, salt and pepper. Add the beef and shake to coat.
4. In a large, cast-iron skillet or grill pan, heat a thin skim of oil over medium-high heat. Add the chicken and cook for 7 minutes. Transfer to a serving platter and keep warm in the oven (where it will finish cooking).
5. Add the beef to the pan and cook to medium-rare, about 5 minutes. Transfer to a separate serving dish and keep warm in the oven.

Makes 6 servings (plus leftovers)

Total time: 30 minutes

Per 4-ounce serving: 159 calories, 6.1 g fat, 1 g carbohydrates (0.3 g fiber), 24 g protein, 260 mg sodium

