

## Fajitas

### Ingredients

2 tablespoon	vegetable oil
1 ½ pounds	chicken or beef strips
2 teaspoon	chili powder
½ teaspoon	cumin
2 tablespoon	lemon or lime juice
¼	green pepper/ or red pepper, sliced lengthwise
½ teaspoon	dry cilantro
4	flour tortillas



### Directions

1. Preheat oven to 300°F
2. Add vegetable oil to non-stick frying pan over medium heat.
3. Add meat, seasonings and lemon/lime juice; cook for 5-10 minutes or until tender.
4. Add peppers and onion to pan and cook 1-2 minutes.
5. Remove from heat; add cilantro.
6. Place tortillas on foil and put into to oven. Heat for 10 minutes.
7. Divide mixture between tortillas, wrap and serve.

***Makes 4 servings***

### Nutrients per Serving:

**4 medium strips:** Calories: 184 kcals, Protein: 19 g, Carbohydrates: 5g, Fat: 10g, Sodium: 121 mg, Potassium: 494 mg, and Phosphorus: 207 mg

**1 medium tortilla:** Protein: 3 g, Carbohydrates: 15 g, Sodium: 221 mg, Potassium 38 mg and Phosphorus 62 mg

*Reference: Kidney Cooking Georgia Council on Renal Nutrition*