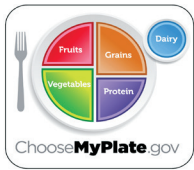


## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.



# MUSHROOM STEAK FAJITAS

Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas. We've upped the vegetable ante by sautéing savory mushrooms and mixing them with steak for an umami-rich, flavorful punch. And we've sped up the preparation time for this Tex-Mex favorite, foregoing marinating the steak by using a tender cut.

**Preparation time:** 45 minutes

**Serves:** 4

## INGREDIENTS:

- 12 oz sirloin or other boneless steak, about ¾-inch thick
- 3 cups sliced cremini mushrooms
- 1 tbsp no-salt fiesta lime seasoning, divided
- 1 tbsp olive oil
- 1 medium green bell pepper, sliced into strips
- 1 medium red bell pepper, sliced into strips
- 1 medium yellow bell pepper, sliced into strips
- 8 whole-wheat tortillas, 6-inch
- 1 medium tomato, diced
- 2 cups shredded iceberg lettuce
- 4 tbsp non-fat sour cream

## DIRECTIONS:

Slice beef across the grain into ¼-inch strips. Place in a medium bowl with ½ tsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.

## Serving Suggestions:

Serve with an 8 oz glass of non-fat milk and side of mango chunks, about ¾ cup.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1½ cups
Grains	2½ oz
Protein	2½ oz

Nutrition Facts	
Serving Size 357 g	
Amount Per Serving	
<b>Calories</b> 430	Calories from Fat 140
<i>%Daily Value*</i>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 4g	
<b>Protein</b> 27g	
Vitamin A 10%	Vitamin C 50%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



United States  
Department of  
Agriculture

