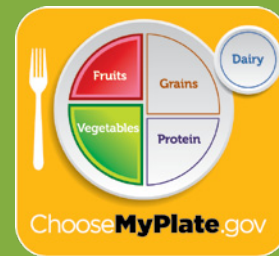


# Mushroom Steak Fajitas

Preparation Time: 45 minutes

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 on this Tex-Mex favorite, forgoing marinating the steak by using a tender cut.



## Ingredients

- |  |  |
|--|--|
| 12 oz sirloin or other boneless steak, about 3/4-inch thick    | 1 medium red bell pepper, sliced into strips       |
| 3 cups sliced crimini mushrooms                                | 1 medium yellow or white onion, sliced into strips |
| 1 tbsp no-salt fiesta lime seasoning (like Mrs. Dash), divided | 8 whole wheat tortillas, 6-inch                    |
| 1 tbsp olive oil   | 1 medium tomato, diced                             |
| 1 medium green bell pepper, sliced into strips                 | 2 cups shredded iceberg lettuce                    |
|  | 4 tbsp non-fat sour cream                          |

Slice beef across the grain into 1/4-inch strips. Place in a medium bowl with 1/2 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. Serves 4.

## Tips on how to select and store mushrooms

- Choose well-shaped mushrooms with firm texture.
- Avoid spots and excessive moisture.
- Refrigerate mushrooms in original container or paper bag up to 1 week.

## 1-2-3 Sauté

Sautéing is an easy way to cook whole, sliced, chopped, or halved mushrooms. Follow these steps:

1. Brush pan with oil or butter and heat on high.
2. Add a single layer of mushrooms; don't stir, turn once when mushrooms become red-brown on one side.
3. Flip and repeat until other side turns the same color, remove from heat, and season to taste.

Sautéing beef is just as easy:

1. Heat small amount of oil in heavy, nonstick skillet over medium heat until hot.
2. Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcook). Do not add water or cover.
3. Sauté to desired doneness, turning occasionally. After cooking, season beef and enjoy!

For more tips and great tasting recipes, visit [www.MushroomInfo.com](http://www.MushroomInfo.com).

**Recipe cost:** \$15.48 for four, \$3.87 per serving.

**Meal cost:** \$18.48 for four, \$4.62 per serving.

\*Retail prices, Boulder, Colorado and online, Fall 2011.

## Recipe Nutrition Information per Serving

Calories 430  
 Total Fat 16g  
 Saturated Fat 5g  
 % of Calories from Fat 33%  
 % Calories from Sat Fat 10%  
 Protein 27g  
 Carbohydrates 46g  
 Cholesterol 60mg  
 Dietary Fiber 7g  
 Sodium 590mg

An excellent source of fiber, protein, vitamin C, niacin, riboflavin, vitamin B6, potassium, phosphorus, and zinc, and a good source of vitamin A, thiamin, folate, vitamin B12, pantothenic acid, iron, and copper.

### MyPlate Food Group Amounts

Fruits 0	Protein 2½ oz
Vegetables 1½ cups	Dairy 0
Grains 2½ oz	

## Meal Nutrition Information per Serving

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

Calories 590  
 Total Fat 17g  
 Saturated Fat 5g  
 % of Calories from Fat 26%  
 % Calories from Sat Fat 8%  
 Protein 36g  
 Carbohydrates 77g  
 Cholesterol 60mg  
 Dietary Fiber 9g  
 Sodium 690mg

An excellent source of fiber, protein, vitamin A, vitamin C, vitamin D, thiamin, niacin, riboflavin, vitamin B6, folate, vitamin B12, pantothenic acid, potassium, calcium, phosphorus, zinc, iodine, and copper, and a good source of vitamin E, iron, and magnesium.

### MyPlate Food Group Amounts

Fruits ¾ cup	Protein 2½ oz
Vegetables 1½ cups	Dairy 1 cup
Grains 2½ oz	

## Healthy Resources

- [www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org)
- [www.MushroomInfo.com](http://www.MushroomInfo.com)
- [www.beefitswhatsfordinner.org](http://www.beefitswhatsfordinner.org)
- [www.beefnutrition.org](http://www.beefnutrition.org)
- [www.FoodChamps.org](http://www.FoodChamps.org)
- [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

## MyPlate Core Messages

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

