



Steak Strip Fajitas

Grill up fresh steak or use leftovers in these easy-to-make flavourful fajitas! Canadian beef is nutrient rich with each bite containing many essential nutrients. Try to choose lean cuts of beef (contains no more than 10% fat). For the best cuts of red meat look for the word “loin” in the name. You can also look for round steaks and roasts, such as eye round and bottom round, chuck shoulder steaks, filet mignon, flank steak, and arm roasts.

Prep: 10 minutes • Total: 15 minutes

Ingredients:

Steak strips (leftovers or skirt/flank steak)	¼ lb	340 g
Chili powder	1 Tbsp	15 mL
Cumin	1 tsp	5 mL
Canola oil	1 Tbsp	15 mL
Red pepper, sliced	½ each	½ each
Green pepper, sliced	½ each	½ each
White onion	½ each	½ each
Salsa	1 cup	250 mL
Sour cream	½ cup	125 mL
Cheddar cheese, shredded	1 cup	250 mL
Cilantro	½ cup	125 mL
Lettuce, shredded	2 cups	500 mL
Whole wheat wraps	8 small	8 small

Directions:

1. Heat oil in a medium pan over medium heat.
2. Add in onion and peppers, sauté for 3-4 minutes.
3. Add in steak strips, chili powder and cumin.
4. Sauté until steak strips are no longer pink.
5. Wrap steak and pepper mixture with desired toppings and serve.

*If using leftover steak, sauté peppers and onions for 5 minutes, add steak strips and seasonings and sauté until steak is reheated and peppers and onions are tender.

Nutrition Facts

Serving Size (312g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 660mg	28%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 30g	
Vitamin A 2%	• Vitamin C 90%
Calcium 25%	• Iron 20%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from:
NutritionRx in partnership with
Chef Lindsay Sferrazza

Makes 4 servings (312 g / serving) • 1 serving = 2 wraps

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScFN Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca