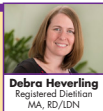




The Dietitian's DISH



Great Grilling!



Whether you're whipping up a quick dinner after work or while vacationing, give your taste buds a treat! Grilling can help you get a meal on the table in no time, and doesn't overheat the house. As you fire up the grill, trade traditional burgers and hotdogs for the spicy flavor of fajitas. You can even enlist the help of your dinner companions to customize their meal before cooking. Grab the foil for packet cooking and let them add the ingredients they prefer. It even helps make clean-up a breeze!

A little prep work when you first get home from your shopping trip makes for quicker cooking. Slice up peppers and onions, storing them in a container for this and other recipes. You can even cut and store strips of meat or buy pre-sliced meats.

Foil Packet Fajitas

Ingredients:

- 1 pound beef flank steak, trimmed of fat
- 2 red, yellow, and/or green sweet peppers, thinly sliced
- 1 medium onion, thinly sliced
- 1 packet fajita seasoning
- 1 lime, for juicing
- 8 (6- to 7-inch) flour tortillas



- **Optional toppings:** low-fat (2%) shredded cheese, guacamole, salsa, sour cream or plain Greek yogurt

Directions:

- Tear off 4 squares of aluminum foil and spray with non-stick cooking spray.
- Place desired amounts of steak, peppers and onions in center of the foil square.
- Top with about a teaspoon of fajita seasoning and a squirt of lime juice.
- Wrap up the foil packet, making sure all edges are sealed well.
- Cook on the grate with lid closed for 6-9 minutes. If cooking on open flames, may take 10 minutes or longer. Check the packets (be careful of escaping steam when you open), to make sure steak is fully cooked.
- Meanwhile, prep your tortilla shell with your preferred toppings. Then, add half the contents of a foil packet on top.
- **Recipe variation:** Use chicken or shrimp in place of steak. Cooking time for shrimp would likely be shortened.