

Fajita Beef Salad

Lime does double duty in this recipe, both in the marinade and the dressing. Its tart flavor enhances the grilled beef, tomatoes, and honey-kissed dressing.

SERVINGS: 4 servings

CARB GRAMS PER SERVING: 20

- 1/2 teaspoon finely shredded lime peel
- 1/3 cup lime juice
- 3 tablespoons water
- 4 teaspoons olive oil
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 12 ounces beef flank steak
- 3 tablespoons water
- 2 tablespoons powdered fruit pectin
- 2 tablespoons honey
- 6 cups torn mixed salad greens
- 2 small red and/or yellow tomatoes, cut into wedges
- 1 small avocado, halved, seeded, peeled, and chopped (optional)



1. In a screw-top jar combine the lime peel, lime juice, 3 tablespoons water, and olive oil. Cover and shake well. Pour half of the lime juice mixture into a small bowl; stir in onion and garlic. Reserve remaining lime juice mixture.
2. Score the beef by making shallow diagonal cuts at 1-inch intervals in a diamond pattern. Repeat on other side. Place beef in a plastic bag set in a shallow dish. Pour the lime juice mixture over the beef. Close bag. Marinate in the refrigerator for 24 hours, turning occasionally.
3. For dressing, in a small bowl gradually stir 3 tablespoons water into fruit pectin; stir in reserved lime juice mixture and honey. Cover and chill for 24 hours.
4. Drain beef, discarding marinade. Grill beef on the rack of an uncovered grill directly over medium coals to desired doneness, turning once. Allow 12 to 14 minutes for medium. (Or, place beef on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat to desired doneness, turning once. Allow 12 to 14 minutes for medium.)
5. To serve, thinly slice beef across grain. Arrange the greens, tomatoes, and, if desired, the avocado on 4 salad plates. Top with beef. Drizzle each serving with about 2 tablespoons of the dressing. Makes 4 servings.

Nutrition Facts Per Serving:

Servings: 4 servings

Calories 224

Total Fat (g) 9

Saturated Fat (g) 3

Cholesterol (mg) 40

Sodium (mg) 72

Carbohydrate (g) 20

Fiber (g) 2

Protein (g) 18

Vitamin A (DV%) 0

Vitamin C (DV%) 26

Calcium (DV%) 2

Iron (DV%) 15

Diabetic Exchanges

Fruit (d.e.) .5

Vegetables (d.e.) 2

Lean Meat (d.e.) 2

Fat (d.e.) .5

Courtesy of Helen Long, Nutritionist

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