

Mushroom Steak Fajitas

Adapted from: [MyPlate, USDA](https://myplate.usda.gov/)

Description: 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.

Yield: 4 servings

Serving Size: 2 fajitas

Preparation time: 45 minutes

Ingredients:

- 12 ounces sirloin or other boneless steak (about 3/4-inch thick)
- 3 cups sliced cremini mushrooms
- 1 tablespoon no-salt fiesta lime seasoning (divided)
- 1 tablespoon olive oil
- 1 cup green bell pepper slices
- 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 tablespoons non-fat sour cream

Directions:

1. Slice beef across the grain into 1/4-inch strips. Place in a medium bowl with 1/2 tbsp fiesta lime seasoning; toss to coat.

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

Nutrition Facts

4 Servings Per Recipe	Amount Per Serving
Serving Size	2 fajitas
Calories	430
Total Fat	16 g
Saturated Fat	5 g
Cholesterol	60 mg
Sodium	590 mg
Total Carbohydrate	46 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars Included	0 g
Protein	27 g
Calcium	60 mg
Iron	2 mg
Potassium	829 mg

Filed Under: Home