



Chicken Fajitas with a Pineapple/Avocado Salad

BEEF FAJITAS WITH A PINEAPPLE/AVOCADO SALAD

For the FAJITAS

INGREDIENTS:

- 1 lb. Beef - I used Skirt Steak, sliced very thin
- 1 TBS. coconut oil
- 1 Onion, sliced
- 1 Pepper, sliced into strips - I used Red Bell Peppers, but you can use a variety of colors
- 1 - 2 jalapeño peppers, seeds, stem removed, diced
- 1 tsp. minced garlic
- 1 can organic diced tomatoes
- 1 TBS. Lime Juice
- 1 tsp. Chili Powder
- 1/2 tsp. Cumin
- 1/2 tsp. Chipotle Chili Powder
- Salt and Pepper
- Gluten Free Tortillas

DIRECTIONS:

Prep all of your veggies

In a heavy bottom saute pan, saute your onions, peppers, jalapeno.

Add in your garlic, stir for a minute, then add in the tomatoes. Allow it to cook for a few minutes, reducing the liquid.

Add in your beef - this is best not to overcook I think - so you'll want to try and cook it quickly.

Add in your seasonings: salt, pepper, chili powder, cumin, chipotle chili powder.

Add in your lime juice and you're done!

For tortillas - I have a gas stove, so I just turn the burners on and throw my tortillas right on the flame. As you can see - we like ours 'toasty'. Heat both sides, and remove to plate and cover with a lid to stay warm.

To serve, spoon some of your meat mixture into the tortillas and enjoy. They really need nothing else.

For the PINEAPPLE/AVOCADO SALAD

INGREDIENTS:

Roughly 1 1/2 cups of chopped fresh pineapple

1 avocado - diced

3 - 4 radishes, washed and sliced thin

1/8 red onion, sliced thin

2 TBS. Olive Oil

1 TBS Apple Cider Vinegar

Salt and Pepper

DIRECTIONS:

Toss all ingredients with your olive oil and vinegar, season with salt and pepper, and enjoy.