



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Easy Beef Fajitas

Curb your hunger and fuel your body by eating some protein-rich foods at each meal. Made with healthy everyday basics, these beef fajitas are sure to become a favourite for anyone seeking a protein packed meal before, or after, a workout or game. [Recipe Courtesy of Canada Beef.](#)

- 2 tbsp (30 mL) Worcestershire sauce
- 1 lb (500 g) Beef Marinating Steak (Sirloin Tip, Flank, Inside Round), 3/4 inch (2 cm) thick
- 1 each onion and sweet red pepper, cut into strips
- 1 tsp (5 mL) chili powder
- 2 whole-grain or whole-wheat pitas, cut in half
- 2 garlic cloves, minced
- 1 tbsp (15 mL) olive oil
- 1/2 tsp (2 mL) ground cumin
- 1 lime, cut into wedges

1. Combine Worcestershire sauce and half the garlic in a large, sealable freezer bag. Pierce beef all over with a fork and add to bag; refrigerate 8 to 12 hours.
2. Discard marinade; grill or cook steak in a non-stick skillet using medium-high heat, 3 to 4 minutes per side for medium-rare. Let stand for 5 minutes; slice thinly across grain.
3. Meanwhile, toss vegetables with oil, remaining garlic and seasonings; grill or cook in a skillet using medium-high heat for 5 minutes, stirring occasionally.
4. Tuck steak and vegetables into warm pitas; top off with a squeeze of lime juice. Serve along with salsa and a tossed salad or your favourite vegetable.

PER SERVING: 278 Calories, 28 g protein, 8.6 g total fat, 2.2 g saturated fat, 56 mg cholesterol, 22 g carbohydrates, 3.3 g fibre, 224 mg sodium, 403 mg potassium



Manitoba Beef — Heart Healthy!

- Trim the fat from beef before or after cooking; this will significantly reduce the fat content.
- Use low fat cooking methods such as broiling, barbecuing, roasting or stir-fry in non-stick pans.
- Use lean or extra-lean ground beef; add shredded vegetables for added moisture, fibre and nutrients e.g.: onions, carrots, and zucchini.
- When making stir-fry dishes and minute steaks, use non-stick pans with a splash of broth.
- Pair lean beef with colourful vegetables. • Limit the amount of salt by cooking meals from scratch.



If You Can't Play Like An Athlete You Can Still Eat Like One!

