

# Turkey Fajitas



- Serves 10 About 1 ½ Ounces Turkey, 1 ½ Tablespoons Salsa, 1 Tortilla, 1/3 cup Lettuce, and 2 Teaspoons Sour Cream Per Serving

## Ingredients:

- 1 lb boneless turkey breast
- ¼ teaspoon pepper
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 2 tablespoons lime juice
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon oil
- 1 cup tomato
- 2 tablespoons chopped red onion
- ¼ teaspoon minced garlic
- 10 7-inch flour tortillas
- 3 cups shredded lettuce
- ½ cups light sour cream

## Directions:

Sprinkle turkey with pepper, 1 clove minced garlic, chili powder, lime juice, 1 tablespoon cilantro, and oil. Turn to coat. Cover and marinate in refrigerator 3 hours or more.

To make salsa, combine tomato, 2 tablespoon cilantro, onion, and ¼ teaspoon garlic in a small bowl. Let stand 1 hour.

Broil turkey 6 inches from heat for 10 minutes each side. Cut into strips. While turkey cooks, wrap tortillas in aluminum foil and warm in over for 8 minutes. To serve, wrap turkey, salsa, lettuce, and sour cream in warm tortillas.

Analysis		Renal and Renal Diabetic Exchanges
Calories 208	Sodium 192 mg	2 Meat
Carbohydrates 19 grams	Potassium 204 mg	1 Starch
Protein 13 grams	Phosphorus 129 mg	
Fat 9 grams		