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New Year, New Plate

These savory and filling fajitas give you a head-start for healthy diet resolutions. The protein-packed lean turkey breast and whole-wheat tortillas give you long-lasting energy and staying power to satisfy your hunger. Filled with colorful veggies like spinach, onion and peppers, this dish is a great introduction to a variety of cancer-fighting foods.

Turkey Fajitas with Baby Spinach and Red Peppers

Seasoning Marinade

1/2 tsp. chili powder
1/4 tsp. ground cinnamon
1/4 tsp. ground cumin
1/4 tsp. garlic powder
1/8 tsp. finely ground coffee
1/8 tsp. ground black pepper

Filling

1/2 Tbsp. canola oil
1 lb. turkey cutlets or boneless turkey breast, cut into 3/4-inch by 3-inch pieces
4 taco-size (9-in) whole-wheat tortillas
1 1/3 cups lightly packed baby spinach
1/2 cup salsa verde
2 (1/2-in) slices red onion, halved crosswise
12 (1/2-in.) strips red bell pepper

In small bowl, whisk together chili powder, cinnamon, cumin, garlic powder, coffee and black pepper.

Place canola oil and turkey in mixing bowl and add dry seasoning. Using fork or your hands, mix to coat turkey evenly with marinade. Set aside for 20-30 minutes.

Heat medium cast iron skillet over medium-high heat. Lay a large sheet of foil on your work surface. One at a time, heat tortillas in dry pan until they are flexible, about 1 minute, turning them after 30 seconds. Stack tortillas on foil, covering them with an inverted plate until all tortillas are warmed, then seal tortillas in foil, and set them aside.

Heat grill-pan or stovetop grill over high heat until a drop of water flicked onto it dances. Using tongs, arrange seasoned turkey pieces in rows on grill, placing them 1/2-inch apart. This may require cooking turkey in two batches. Grill for 6 minutes, turning pieces every 1 minute so they cook evenly and to avoid burning. Transfer cooked turkey to serving plate.

To assemble fajitas, place warm tortilla on a dinner plate, preferably warm. Arrange one-fourth of spinach in center of tortilla. Add one-fourth of turkey. Spoon on one-fourth of salsa, top with half

an onion slice and 4 pepper strips. Fold in top and bottom of tortilla, then sides. Serve immediately.

Makes 4 servings.

Per serving: 317 calories, 6 g total fat (<1 g saturated fat), 31 g carbohydrate, 34 g protein, 2 g dietary fiber, 492 mg sodium.