

Fajita in a Pita

1/2 lb (250 g)	pork loin or leg strips
1 tbsp (15 ml)	oil
2 cloves	garlic, minced
1 tsp (5 ml)	Tabasco or red pepper flakes
1/2 tsp (2 ml)	dried oregano
1&1/2 tsp (7 ml)	ground cumin
1	onion, sliced
1	red or green pepper (or both) sliced
2 tbsp (30 ml)	lime juice (juice of 1 lime)
2	large pita pockets, cut in half

1. Cut pork into small 1 x 1/4-inch (2.5 cm x 6 mm) strips, trimmed of visible fat.
2. Heat oil in non-stick pan over high heat; add pork and garlic and stir-fry for 2-3 minutes.
3. Add Tabasco, oregano and cumin. Stir-fry for 2 more minutes.
4. Remove meat and add onions and peppers. If the pan is dry, add about 2 Tbsp (25 ml) of water to steam the vegetables. Stir-fry for 4 minutes.
5. Return meat to pan, pour lime juice over, toss and spoon into warmed pita pockets. *Serves 4.*

Tip: The Fajitas can be served with shredded lettuce, yogurt or sour cream and salsa.

Nutritional Information per Serving

Calories: 239

Fat: 6.2 g

Protein: 17 g

Carbohydrate: 29 g

Recipe taken by permission from Ontario Pork

<http://www.porkpeople.com/cgi-local/frames.cgi?f=recipes>