

# FAJITA STEAK WITH CHILIES

The following recipe serves one. Double, triple or quadruple as needed.

## INGREDIENTS:

- your favorite cut of steak
- salt and pepper
- 1/2 tsp. fajita or taco seasoning
- olive oil or cooking spray
- 4-oz. can mild or hot diced green chilies

## DIRECTIONS:

Season your favorite cut of steak with salt and pepper. Season both sides with 1/2 teaspoon fajita or taco seasoning.

Place the steak on a hot grill pan or skillet that's been coated with olive oil or cooking spray. Cook for 2-3 minutes per side for medium-rare (cook longer for more fully cooked meat; note that the steak will continue to cook a little after it's removed from the heat).

Transfer the steak to a dinner plate and top with a 4-ounce can of mild or hot diced green chilies. Let the steak rest for a few minutes before serving.

