

Flank Steak Fajitas with Spicy Garden Vegetables

Marinade:

- 1/3 cup minced fresh cilantro
- 1/3 cup fresh lime juice
- 1/3 cup water
- 4 teaspoons dried oregano
- 1 tablespoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 5 garlic cloves, minced

Fajitas:

- Cooking spray
- 1 cup vertically sliced onion
- 1 (1pound) flank steak, cut into strips
- 1 cup red bell pepper strips
- 1 cup julienne-cut yellow squash
- 1 cup julienne-cut zucchini
- 1 cup fresh corn kernels (about 2 ears)
- 6 (10inch) flour tortillas
- 2 cups chopped tomato
- 2 tablespoons sour cream

Prepare the marinade: Combine the first 9 ingredients in a small bowl.

Prepare fajitas: Combine 1/3 cup marinade, onion, and steak in a large zip-top plastic bag and seal. Marinate in refrigerator 1 hour, turning occasionally. Remove steak mixture from bag; discard marinade.

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add the steak mixture, and stir-fry 5 minutes. Place the steak mixture in a large bowl, and keep warm.

Add bell pepper, squash, zucchini, corn, and remaining marinade to skillet; stir-fry 5 minutes or until vegetables are crisp-tender. Add to steak mixture and toss gently.

Warm tortillas according to package directions. Arrange 1 cup steak mixture, 1/3 cup tomato, and 1 teaspoon sour cream down center of each tortilla; roll up and serve.