

Beef Fajita Salad

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Ingredients

1 tsp. ground cumin
1 dash hot sauce
1 cup Italian salad dressing
1/2 lb. flank steak – cut in strips
1/2 cup corn kernels
1/2 cup cooked kidney beans
1/2 cup sliced red onion
1/2 cup shredded cheddar cheese – low-fat okay
1 med. tomato – chopped
7 cups salad greens
2 cups crushed corn chips

Directions

Combine the cumin, hot sauce, and Italian dressing in a small bowl and mix well.

Reserve 1/2 cup of the dressing.

In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.

In a hot skillet, fry the beef and cook until done.

Allow the beef to cool.

In a medium bowl combine the beef with the corn, beans, onions, and 1/2 cup of the dressing.

Refrigerate for several hours before serving.

To serve, toss the beef and vegetable mixture with the salad greens, tomatoes, and cheese.

Add extra dressing if necessary and top with the crushed tortilla chips.