



## SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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### Steak Fajitas, Corn Tortillas, Guacamole and Fresh Salsa

#### Steak Fajitas

1 pound flank or skirt steak, cut into thin slices  
 1 large yellow onion, sliced into 1/2 inch wide sections  
 2 large bell peppers, de-seeded and sliced lengthwise into 1/2 inch wide strips  
 1 Tbs. extra virgin olive oil

#### Marinade:

Juice of 1 lime  
 2 Tbs. extra virgin olive oil  
 2 cloves garlic, minced  
 1/2 tsp. ground cumin  
 1/2 fresh jalapeno pepper, de-seeded and finely chopped (optional)  
 1/4 cup fresh cilantro, chopped

#### Instructions:

- Mix marinade ingredients and put steak strips into it.
- Let marinate for at least an hour (longer is better).
- Heat a large skillet on medium heat.
- Add olive oil to the pan. Add steak and cook to desired doneness. Remove steak and set aside.
- Add more olive oil to the pan if needed. Add onions and peppers. Cook, stirring frequently, until onions are slightly translucent.
- Add steak and mix.
- Serve immediately.

#### Fresh Tomato Salsa

2-3 medium sized fresh tomatoes, finely diced  
 1/2 red onion, finely diced  
 1 jalapeno chili pepper, de-seeded and finely diced  
 1 serrano chili pepper, de-seeded and finely diced  
 Juice of 1 lime  
 1/2 cup fresh cilantro, chopped  
 Real Salt and freshly ground pepper to taste

- Mix ingredients. Taste. If too hot, add more tomatoes. If not hot enough, add a few of the chili pepper seeds. Let sit 1 hour to combine flavors.

## **Guacamole**

2 ripe avocados  
½ red onion, minced  
1-2 serrano chilis, de-seeded and minced  
2 Tbs. cilantro, finely chopped  
½ ripe tomato, chopped  
1 Tbs. fresh lime or lemon juice  
Real Salt and freshly ground pepper to taste

Peel, de-seed and mash the avocado with a fork. Mix in remaining ingredients (use caution with the peppers – slowly add them and taste until it reaches the desired hotness). Season with Real Salt and pepper to taste.

**Serve fajitas with warm corn tortillas (non-GMO), shredded romaine lettuce, fresh salsa and guacamole.**