

# Fajita Frittata



Serves 8

Ingredients:

- Leftover skirt or flank steak, thinly sliced
- 2 teaspoons cumin
- 1/2 teaspoon chili powder
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 2 cloves of garlic, finely chopped
- 1-2 poblano or green bell peppers, cut into thin rounds or strips
- 1 red bell pepper, cut into thin rounds or strips

Adapted from [MarksDailyApple.com](http://MarksDailyApple.com)

- 10 eggs, whisked
- 1 small bunch cilantro, roughly chopped
- 2-3 avocados, cut into small chunks
- 2 green onions, sliced
- 1 jalapeño pepper, finely chopped (optional)
- juice of one lime juice
- sea salt, to taste

#### Instructions:

1. Preheat oven broiler to high.
2. Heat olive oil in a 12-inch ovenproof skillet over medium-high heat on the stove. Add steak.
3. Sauté 3 minutes (meat should be just slightly pink) then add garlic and peppers.
4. Sauté 3 minutes more then add eggs and a handful of cilantro. Stir quickly then turn heat down to medium. Let cook 3-4 minutes, until the egg is set around the edges but still runny in the middle.
5. Transfer the pan to the oven under the broiler and cook until the frittata is golden and firm in the middle, about 3-5 minutes.
6. Remove from oven.
7. Gently mix together avocado, remaining cilantro, green onion, jalapeno and lime juice. Add sea salt to taste. Serve with frittata.

Nutrition per serving: Calories 274; Total Fat 20.8 g; Saturated Fat 4.7 g; Monounsaturated Fat 11.2 g; Polyunsaturated Fat 2.3 g; Total Carbohydrates 8.8 g; Dietary Fiber 4.6 g; Sugar Alcohols 0.1 g; Sugars 2.5 g; Protein 14.3 g; Sodium 395 mg