

or  
lemon juice →

Add salt and  
pepper to  
taste.

### Entree

#### ► FAJITA PITA

4 pita pockets  
1 lb. boneless chicken, cut in strips  
1 green or red pepper, seeded and  
cut into thin strips  
1 tsp. vegetable oil  
1 tsp. lime juice  
Heat oil in a skillet. Add lime  
juice and chicken; stir-fry until  
chicken is tender, about eight  
minutes. Add peppers and cook  
three more minutes. Stuff mix-  
ture into pita pockets; add picante  
sauce (optional). Yield: 4 servings.  
Calories per serving: 263. Fat: 5  
grams. Time involved: 15 minutes.

~~1/4 cup chopped scallions~~  
~~1/2 T. red wine vinegar~~  
~~1/2 T. lemon juice~~  
~~1/2 tsp. garlic powder~~  
~~1 tsp. sugar~~  
~~Combine all ingredients~~  
~~chill two hours. Yield: 8~~  
~~servings. Calories per serv-~~  
~~ing: 25. Fat: 4 grams. Time~~  
~~involved: 15 minutes (plus~~  
~~refrigeration).~~



Quick & Easy!

7 Great  
Lowfat Meals,

Special

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