

LOW SODIUM FAJITA MIX ✕

Fajitas are a fairly new addition to the Tex-Mex repertoire, as they did not appear in restaurants until about the mid-1980s, when various businesses in Houston, Austin, and San Antonio began to popularize the dish. I remember eating it for the first time in a restaurant in South Houston in 1984 while visiting my brother. It was during this time that I also discovered the Cranberry-Serrano Relish¹ recipe that my entire extended family now serves at Thanksgiving Day dinners. I have made fajitas ever since then, usually using a packaged mix that I add to strips of beef, bell peppers, and onions.

Packaged envelopes of Fajita seasonings typically have a high salt content that I'd rather do without (Lawry's has 461 mg per serving!). So I decided to make my own and leave out the salt. I found that it is very easy to make, suits my taste better than the commercial products, and contains ingredients that I regularly keep on hand. I not only use it when making fajitas, but I also use it as a condiment to spice up morning eggs, leftovers, and the like. You can add salt if you so desire. Lemon and lime powders can be obtained from a number of online vendors.

2 tbsp cornstarch
¼ cup chili powder (pasilla or ancho)
¼ cup ground paprika
2 tbsp onion powder
2 tbsp garlic powder
2 tbsp cumin powder
1 tbsp ground black pepper
1 tsp ground oregano
1 tsp mustard powder
1 tsp citric acid powder
1 tsp lime juice powder
1 tbsp "sugar"

Add all spices to a bowl or jar and mix well. Store in airtight glass container in a cool, dark

place. Use within 6 months for best flavor. Use about 2 tsp per pound of meat when making fajitas.

Serves tbd.

¹*Cranberry-Serrano Relish*, page 203.