



CHICKEN FAJITAS WITH TRICOLOR PEPPERS

SERVINGS: 4

INGREDIENTS

Juice of 2 limes
2 tbsps canola oil, divided use
3 garlic cloves, smashed
1 tsp chili powder
1 tsp ground cumin
1 tsp paprika
1/2 tsp dried oregano
1/2 tsp salt
1 lb boneless, skinless chicken breast, sliced into strips
1 large onion, sliced
1 large red onion, sliced
1 red bell pepper, sliced
1 green bell pepper, sliced
1 yellow or orange bell pepper, sliced
8 whole wheat flour or corn tortillas
1 avocado, sliced

DIRECTIONS

In a zip-top bag or bowl, combine the lime juice, 1 tbsp of the oil, garlic, chili powder, cumin, paprika, oregano, and salt. Add the chicken and stir to coat. Refrigerate for 30 minutes or more, turning occasionally if possible.

Preheat the oven to 350 degrees.

In a large skillet over medium-high heat, add the remaining 1 tbsp of oil. Saute the onions for 5 to 8 minutes, or until softened. Add the bell peppers and cook for 3 to 5 minutes. Remove the vegetables and set them aside. Remove the chicken from the marinade, letting excess drip off, and saute for 3 to 5 minutes. Reduce the heat to medium-low, return the vegetables to the skillet, and saute for 1 to 2 minutes, or until the vegetables are heated through.

Meanwhile, wrap the tortillas in aluminum foil and bake for 10 minutes.

Spoon the chicken mixture onto the tortillas and top with sliced avocado.

PER SERVING
CALORIES - 470
PROTEIN 32 G