

Healthy Chicken Fajitas



Prep Time: 15 mins



Cook Time: 15 mins



4 Servings

INGREDIENTS

1 ½ pound boneless, skinless chicken breast

2 Tbsp olive oil

3 Tbsp fresh lime juice

1 garlic clove, minced

2 Tbsp chopped fresh cilantro

1 tsp ground cumin

1 tsp onion powder

¼ tsp hot sauce, or to taste

¼ tsp black powder

1 large onion, sliced

1 green bell pepper, sliced

1 red bell pepper, sliced

8 whole wheat tortillas (8-inch diameter), warmed, sliced

1 avocado, pitted, peeled and chopped (optional)

¼ cup chopped tomatoes (optional)

COOKING STEPS

With a mallet or rolling pin, flatten chicken breasts to ½-inch thickness between 2 sheets of plastic wrap. In a resealable plastic bag, combine the oil, lime juice, garlic, cumin, onion powder, hot sauce, black pepper and chicken. Seal and shake bag to coat chicken. Marinate in the refrigerator for 30 minute.

Lightly coat a grill pan or skillet with nonstick cooking spray and heat to medium-high heat. Remove chicken from marinade (discard Marinade) and grill chicken until cooked through, about 7 minutes per side. Slide into strips.

Lightly coat a skillet with nonstick cooking spray and heat over medium heat until hot. Add onion and bell peppers and saute until vegetables are softened, about 15 minutes.

Arrange chicken and vegetables in warm tortillas. Add avocado and tomato, if desired. Wrap tortillas and serve warm.

NUTRITION FACTS

SERVING SIZE - 1 FAJITA

Calories - 310



Protein - 25 g

Carbs - 32 g



Sodium - 397 mg

Fiber - 6 G



Fat - 10 g



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Recipe Credit: HealtheCooks.com