



## *Recipe of the Month – July 2014*

### **Chicken Fajitas**

Serves 6 (makes 4 cups filling)

Serving Size: 1 tortilla with 2/3 cup filling

### **Ingredients**

- 1 pound boneless, skinless **chicken breast**
- 2 tsp chili powder
- 2 tsp garlic powder
- 1 ½ Tbsp **vegetable oil**
- 1 red **bell pepper**, thinly sliced
- 1 green **bell pepper**, thinly sliced
- 1 medium **onion**, thinly sliced
- 6 whole wheat **tortillas**, 8-inch

### **Optional Toppings**

- 6 ounces low fat **cheddar cheese**, shredded
- 1 cup **tomato**, chopped
- cilantro** chopped
- Jalapeno**, sliced

### **Directions**

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into 1/4 –inch strips. Place in a single layer on a plate. Wash hands, knife and cutting board. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12-inch skillet. Heat to medium high. Add chicken strips. Cook about 3-5 minutes, stirring frequently.
3. Add bell peppers and onion. Stir and cook until vegetables are tender and chicken is no longer pink. (Heat chicken to at least 165 degrees Fahrenheit.)
4. Scoop chicken mixture (2/3 cup each) onto tortillas. Top with your favorite toppings.
5. Serve flat or rolled.

Options:

Use 1 can (15 ounces) black beans (drained, rinsed), beef, or pork instead of chicken.

Use corn tortillas instead of whole wheat.

\*Heat cold tortillas to make them easier to fold. Cover tortillas with a moist paper towel and heat 30 seconds in microwave.



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**NUTRITION FACTS PER SERVING: 290 calories, 9 g total fat (.5 g sat. fat), 50 mg cholesterol, 270 mg sodium, 28 g carbohydrates, 3 g fiber, 4 g sugars, 21 g protein**