



PEPPER AND CHICKEN FAJITAS

INGREDIENTS:

- 4 small Chicken breasts
- 1 cup Green bell pepper, peeled and sliced (1 large pepper)
- 1 cup Red bell pepper, sliced (1 large pepper)
- 1 cup Yellow onion, sliced (1 medium onion)
- 3/4 cup Tomato, chopped (1 large ripe tomato)
- 3 tbsp Extra-virgin olive oil [or to taste]
- To taste Salt & black pepper
- 1/4 tsp Cayenne pepper
- 1/4 tsp Cumin
- 3 cloves Garlic

Serve with: Whole wheat tortillas, limes, cilantro, and optional guacamole or salsa

PREP TIME: 35 MINUTES

SERVES: 5

SERVING SIZE: 1.5 CUPS

NUTRITION INFORMATION (PER 1.5 CUP) SERVING:

Calories: 490 Total Fat: 20g (31% DV) Saturated Fat: 3g (16% DV) Sodium: 720mg (30% DV)
Total Carbohydrate: 33g (11% DV) Fiber: 6g (26% DV) Protein: 47g



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TIPS:

- Leftovers can be refrigerated and eaten within a few days for best taste. Discard after 7 days
- Cook chicken to an internal temperature of 165° for 15 seconds
- Re-heat food to a temperature of 165°F before serving

PREPARATION:

1. In one pan cook the chicken in olive oil and season with salt and black pepper
2. Peel green peppers (this will make them much sweeter and milder.) Do not peel any other color pepper because they are naturally sweet. Cut bell peppers and onions into slices
3. In a second skillet heat the olive oil. Add onions, garlic and spices and cook for 30 seconds
4. Add bell peppers and tomatoes and season with salt and pepper. Add cooked chicken and stir often to meld all the flavors
5. Heat the tortillas in a pan or the microwave
6. Put some guacamole or salsa on the tortilla, add the chicken, peppers and onions, and squeeze a little lime on top. Garnish with cilantro. Wrap and eat

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