

# Chicken Fajitas

*Makes: 4 servings Serving Size: 2 fajitas Prep Time: 20 minutes*

1 pound boneless, skinless chicken breasts, sliced into 1-inch strips

¼ cup fresh lime juice

2 garlic cloves, minced

½ teaspoon salt

¼ teaspoon ground black pepper

Cooking spray

1 tablespoon canola oil

1 large onion, thickly sliced

1 large red bell pepper, thickly sliced

1 large green bell pepper, thickly sliced

8 6-inch flour tortillas

**1** Add chicken to a large bowl and drizzle with lime juice. Add garlic, salt, and pepper and toss to coat. Marinate in the refrigerator for 15 minutes.

**2** Coat a large nonstick skillet or wok with cooking spray and add oil. Heat over high heat and add chicken. Sauté 5-6 minutes until done or beginning to brown.

**3** Remove chicken from pan and spray pan generously again with cooking spray. Add onion and peppers and sauté for 5 minutes. Add chicken back to pan and toss with vegetables. Serve in warm tortillas.

## Nutrition Facts

Exchanges 2½ Starches, 2 Vegetable, 3 Lean Meat

Calories 410, Calories from fat 97, Total fat 11g, Saturated fat 2 g, Cholesterol 68 mg, Sodium 567 mg, Total Carbohydrate 45 g, Dietary Fiber 5 g, Sugars 8 g, Protein 32 g



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Providing guidance and support to make the "healthy choice the easy choice!"