

Chicken Fajitas Serves: 6 (makes 4 cups)

■ Serving size: 1 tortilla with 2/3 cup filling ■ Cost/serving: \$1.23



Ingredients:

1 pound boneless, skinless chicken breast
 2 teaspoons chili powder
 2 teaspoons garlic powder
 1½ tablespoons 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

Options:

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

Directions:

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into ¼-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°F).
4. Scoop chicken mixture (2/3 cup each) onto tortillas. Top with your favorite toppings.
5. Serve flat or rolled.

Recipe adapted with permission from Iowa State University Extension.

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Nutrition Facts	
Serving Size 1 tortilla with 2/3 cup filling	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 21g	
Vitamin A 8%	Vitamin C 25%
Calcium 2%	Iron 10%

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