



## ONE-PAN CHICKEN FAJITAS

SERVING SIZE: 4 | COOKING TIME: 25 MINUTES | CONTAINS MILK, WHEAT

### INGREDIENTS.....

1 Tablespoon (Tbsp) chili powder  
 2 teaspoons (tsp) salt  
 1 teaspoon (tsp) black pepper  
 1 pound (lb) bell peppers cut into small pieces  
 1 yellow onion, cut in half then thinly slice  
 2 Tablespoons (Tbsp) olive oil  
 1½ pounds (lb) boneless, skinless chicken breast  
 1 lime juiced, plus lime wedges for serving  
 8 fajita-size whole wheat tortillas  
 Shredded Monterey jack cheese, salsa,  
 low-fat sour cream (optional, for serving)

### WHAT ELSE YOU'LL NEED .....

- Cutting board and knife
- Baking sheet
- Large and small bowls
- Cooking pan
- Spatula
- Tin foil (optional)

### DIRECTIONS.....

#### Peppers

1. Preheat the oven to 400 degrees. Line a rimmed baking sheet with foil (Foil is optional. Skip if you do not have foil).
2. Combine the chili powder, 2 teaspoon (tsp)s of salt and 1 teaspoon (tsp) of black pepper in a small bowl.
3. Spread the peppers and onions on the prepared baking sheet
4. Drizzle the peppers and onions with 1 Tablespoon (Tbsp) of oil. Use half the chili powder mixture from step 2 to season.
5. Bake the peppers and onions until softened and starting to char (or blacken) – about 10 minutes.

#### Chicken

6. While peppers and onions are in oven, cut the chicken into ¼-inch-thick slices.
7. Toss the chicken in a large bowl with the remaining chili powder mixture from step 2, plus 1 Tablespoon (Tbsp) oil.
8. After the peppers and onions are softened/charred, carefully pull the baking sheet from the oven and scatter the chicken on top of the peppers and onions.
9. Drizzle the chicken, peppers and onions with the lime juice.
10. Set the oven from bake to broil.
11. Return the baking sheet of peppers, onions and chicken to the oven. Broil until the chicken is cooked through and starting to brown – about 10 minutes.

#### Tortilla

12. In a small frying pan on low heat, place the tortillas, one or two at a time without overlapping, into the pan. Warm the tortillas in the pan – about 10-15 seconds.
13. Using a spatula, carefully remove warm tortilla from pan onto the plate.
14. Scoop chicken and vegetables mixture into the center of each tortilla, dividing the mixture between all tortillas evenly.
15. Serve with Monterey Jack cheese, guacamole, hot sauce, salsa, sour cream and lime wedges.

