



EASY OVEN BAKED CHICKEN FAJITAS

This recipe is a two for one! Enjoy these boldly flavored, protein-packed fajitas now AND keep the remaining seasoning mix to spice up any dish in the future.

Yield: 4 servings

Serving Size: 1 serving = 2 tortillas with filling

Ingredients:

- 1 large **onion**
- 3 **bell peppers**, any color
- 1 lb. **chicken** breast
- 2 Tbsp **olive oil**
- 1 medium **lime**
- 1 tbsp homemade **taco seasoning** (see below)
- 8, 6-inch flour or corn **tortillas**
- 1/2 cup **sour cream** (optional), low fat preferred
- 1/4 bunch chopped **cilantro** (optional)
- Optional toppings: sliced avocado, shredded cheese, sour cream, and chopped cilantro

Instructions:

1. Preheat the oven to 400 degrees.
2. Cut the onion and bell peppers into 1/4-inch wide strips. Place them in a large 13x15-inch casserole dish or a large baking sheet. Slice the chicken breast into very thin strips and add it to the casserole dish with the vegetables.
3. Drizzle the olive oil over the chicken and vegetables, then sprinkle the fajita seasoning mix over top. Toss the ingredients with your hands or a spoon until everything is well coated in oil and seasoning.
4. Bake for 35-40 minutes, stirring once halfway through. Squeeze the juice from half of the lime over top of the meat and vegetables after they come out of the oven.
5. While the fajita mix bakes, toast each tortilla in a dry skillet over medium-low heat, until lightly browned on each side. Scoop a small amount of meat and vegetables into the center of each tortilla.
6. Optional: Top tortillas with chopped cilantro, sour cream, or an extra squeeze of lime if desired.

Per Serving: Calories 606, Carbohydrates 68g, Protein 38.2g, Saturated Fat 4.9g, Sodium 994.7 mg, Fiber 3.3g, Sugars 7.4g

Homemade Taco Seasoning Ingredients:

- 1 Tbsp chili powder
- 1 tsp of each ground cumin, garlic powder, paprika, dried oregano, and onion powder and salt
- ¼ tsp of each ground black pepper and red pepper flakes

Instructions:

1. Combine all seasonings together; store in a small jar with a tightly fitted lid. This blend will store for 1 year.

Per Serving: Calories 19kcal, Carbohydrates 3.5 g, Protein 0.9 g, Saturated Fat 0.1 g, Sodium 273 mg, Fiber 1.6 g, Sugars 0.4 g

This recipe was adapted from www.budgetbytes.com.

