



4 Servings

## chicken vegetable fajitas

### Ingredients

chicken breast, boneless skinless	12 oz
extra virgin olive oil	2 Tbsp
black pepper	1/4 tsp
chili powder	2 tsp
cumin ground	1/2 tsp
lemon juice	2 Tbsp
red peppers	1/2 medium
sweet green peppers	1/2 medium
onions	1/2 medium
cilantro leaves raw, coriander	1/2 Cup(s)
yellow corn tortillas	8 tortillas

## **Nutrition Totals**

Calories 1087 / Carbs 97 g / Protein 80 g / Fat 46 g / Fluid 15 fl oz

### Instructions

1. Cut chicken breast into strips.

- 2. Heat oil in a large sauté pan over medium heat. Add chicken, spices and lemon juice. Cook until chicken is half way cooked.
- 3. Cut peppers and onions into thin strips. Add to pan and cook until veggies are tender and chicken is cooked through.
- 4. Add cilantro.
- 5. Serve with heated corn tortillas.

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# **Nutrition Label**

Chicken Vegetable Fajitas	
Amount Per Serving Calories	272
	% Daily Value*
Total Fat 11.3g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 54.4mg	18%
Sodium 181mg	8%
Total Carbohydrates 24.2g	8%
Dietary Fiber 4.3g	17%
Total Sugar 3.8g	
Protein 19.9g	
Vitamin D 1.7IU	0%
Calcium 35.4mg	4%
Iron 1.3mg	8%
Potassium 396.4mg	
* The % Daily Value (DV) tells you nutrient in a serving of food contril diet. 2,000 calories a day is used nutrition advice.	butes to a daily

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