

Easy Oven Chicken Fajitas

Yield: 4 to 6 servings (2 fajitas each) | Prep: 15 mins. | Ready In: 55 mins.

What you need:

FAJITA SEASONING

- 1 tablespoon chili powder
- 1/2 tablespoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/8 teaspoon cayenne pepper
- 1 teaspoon sugar
- 1/2 teaspoon salt

FAJITAS

- 2 small or 1 large onion
- 3 bell peppers, any color
- 1 pound (16 ounces) boneless, skinless chicken breasts
- 2 tablespoons canola oil
- 1 medium lime
- 8 to 12 6-inch tortillas (corn or flour – your choice)
- 1/2 cup low fat sour cream (optional)
- 1/4 bunch cilantro (optional)

What you do:

1. Preheat oven to 400 degrees. Mix all spices for fajita seasoning (chili powder, paprika, onion powder, garlic powder, cumin, cayenne pepper, sugar, and salt) in a small bowl and set aside.
2. Cut onion and bell peppers into 1/4-inch wide strips. Place in a large 13x15-inch casserole dish or a large baking sheet.
3. Slice chicken breasts into very thin strips and add to baking dish with the vegetables.
4. Drizzle vegetable oil over chicken and vegetables; then sprinkle fajita seasoning mix over top. Toss ingredients until everything is well coated in oil and seasoning.
5. Bake for 35-40 minutes, stirring once half way through.
6. Squeeze juice from half of the lime over top of meat and vegetables after taking mixture out of the oven.
7. While fajita mix bakes, either warm tortillas or toast tortillas in a dry skillet over medium-low heat, until lightly browned on each side.
8. Scoop a small amount of fajita mix into the center of each tortilla. Top with a few sprigs of cilantro, a dollop of sour cream, and an extra squeeze of lime if desired.

Why we love it:

Bell peppers provide more than just color, crunch and flavor to dishes. These vibrant vegetables are low in calories. All colors of peppers (red, yellow, orange, green) are excellent sources of vitamins A and C, potassium, folic acid, and fiber. Available year-round, bell peppers are at their peak in August and September.

This easy and delicious recipe was shared by a coworker. Add a side of black bean-corn salsa and freshly made guacamole on top of a shredded lettuce bed for a great meal fit for family and company!



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