

# CHICKEN FAJITAS



Gluten-Free, Nut-Free, Egg-Free

**Yield:** 4 servings **Total time:** 40 minutes

## Ingredients

- 1 lb. boneless skinless chicken breast
- 1 yellow onion, sliced
- 1 bell pepper, sliced
- 4 cups kale, chopped
- 1 can pinto beans, drained and rinsed
- 2 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1/4 cup nonfat plain Greek yogurt
- 1 lime, squeezed
- 2 tsp water
- 1/2 cup shredded cheese (optional)
- 2 cups cooked brown rice
- Fresh cilantro, chopped
- Hot sauce for serving (optional)

## Directions

1. Preheat oven to 425°F and prep ingredients: slice yellow onion, bell pepper and chop kale. Open canned beans and drain.
2. In a large bowl, whisk together 1 tbsp of olive oil with spices (chili powder, cumin, garlic powder, paprika, and pepper). Add chicken, onion, bell peppers and mix well.
3. Add ingredients to a nonstick baking sheet and roast for 15-20 minutes.

## Grocery List

- Chicken breast
- Onion
- Bell pepper
- Kale
- Pinto beans
- Olive oil
- Spices: chili powder, cumin, garlic powder, smoked paprika, black pepper
- Plain Greek yogurt
- Lime
- Shredded cheese
- Frozen brown rice
- Hot sauce
- Fresh cilantro

## Kitchen Equipment

- Cutting board
- Chefs knife
- Baking sheet
- Whisk
- Spatula
- Large Bowl
- Medium Bowl
- Small Bowl

4. In a medium bowl, combine the kale and pinto beans with 1 tbsp olive oil and stir.
5. Remove the baking sheet from the oven. Stir the chicken and vegetable mixture. Spread the kale and beans evenly over the top. Roast for 5-7 more minutes, until chicken is cooking through and the vegetables are tender.
6. Meanwhile, prepare your brown rice according to the package directions.
7. Then combine yogurt, lime juice, water and hot sauce (optional).
8. Divide rice among 4 bowls then top with chicken and vegetable mixture and cheese. Drizzle with yogurt dressing and top with fresh cilantro.

Per serving: Calories 514; Total Fat 16g; Saturated Fat 4g; Sodium 800;  
Total Carbohydrates 44g; Fiber 10g; Protein 50g

### Ingredient tip

- May substitute chicken for another can of beans to make this recipe completely vegetarian-friendly. If vegan: add additional beans, substitute shredded cheese for 1 tbsp nutritional yeast, substitute Greek yogurt for plain plant-based yogurts.
- May substitute spices for reg. paprika, cayenne pepper, dried cilantro, dried chives, and onion powder.
- May substitute out brown rice for additional kale or quinoa.

### Nutrition Information

- Chicken is highly nutritious and a good source of protein. Adding chicken to your diet may help support weight loss, muscle growth, and bone health. To prepare chicken try healthy methods of cooking like grilling, baking, roasting, steaming or stir-frying. Avoid fried and breaded chicken that is higher in unhealthy fats, carbs and calories.
- A great way to enjoy vegetables are to roast them in the oven at a high temperature between 400-425 degrees for a crisp texture. These veggies will maintain their heart-healthy fiber and vitamins and minerals for fighting disease.

