

Chicken Fajitas



Servings: 6

4 tablespoons olive oil
2 tablespoons lemon juice
1 1/2 teaspoons salt
1 1/2 teaspoons oregano
1 1/2 teaspoons ground cumin
1 teaspoon garlic powder
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon red pepper flakes, optional
1 1/2-pounds boneless, skinless chicken breast, cut into strips
1 small red bell pepper, cut into strips
1 small green bell pepper, cut into strips
4 green onions, sliced
1/2 cup onion, sliced thin
6 flour tortillas

Optional Toppings

cheddar cheese
taco sauce
salsa
guacamole
sour cream

In a large bowl combine 2 tablespoons olive oil, lemon juice, salt, oregano, ground cumin, garlic powder, chili powder, paprika, and red pepper flakes.

Add the chicken and toss to coat. Place in the refrigerator for 1-4 hours.

In a large skillet sauté red bell pepper, green bell pepper, and onions in remaining 2 tablespoons of olive oil until tender-crisp. Remove and set aside.

Remove the chicken from the marinade and cook in the skillet over medium-high heat until cooked through.

Return the bell peppers and onions to the skillet to heat through.

Spoon the chicken down the centre of the tortillas. Add any desired toppings and fold in half.

Serve

Per Serving (excluding unknown items): 340 Calories; 14g Fat (37.9% calories from fat); 7g Protein; 46g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 883mg Sodium. Exchanges: 2 1/2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat.