



## Chicken Fajitas with Sweet Potato Wedges

**DF option, CC, HF**

Serves 4

Total cost: \$5.75

Time: 35 minutes

### Ingredients:

3-4 Small Sweet Potatoes  
2 tsp Olive Oil  
Salt and pepper to taste  
2 Bell Peppers, thinly sliced  
1 Yellow Onion, halved and thinly sliced  
1 container of pre-sliced (8 ounces) Baby Bella Mushrooms, or white button mushrooms  
1 Tbsp Olive Oil  
1 lbs Boneless Skinless Chicken Breast, sliced into strips  
Juice of ½ a Lemon  
1 tsp Turmeric  
2 tsp Garlic powder  
2 tsp Onion powder  
1 tsp Paprika  
6-inch Whole Wheat Tortillas  
1 Hass Avocado as topping, optional

### Directions:

1. Preheat oven or toaster oven to 450°F (I prefer the toaster oven when making sweet potatoes since they cook faster and are closer to the heat source for better caramelization).
2. Scrub sweet potatoes and slice vertically into 4 wedges. Toss with oil, salt and pepper,
3. Bake for 25 minutes, turning once midway.
4. Heat a large pan over medium heat with 1 Tbsp olive oil. Add sliced peppers and cook for 3-5 minutes, or until just softened. Remove from the pan.
5. In the same pan add the onion. If more oil is needed add a little. Cook stirring frequently for about 5 minutes until softened and slightly caramelized. Remove from the pan.
6. Add the mushrooms to the same pan. Stirring frequently, cook for 3-5 minutes, until softened. Remove from the pan. In a large bowl combine chicken strips, lemon juice and spices.
7. Preheat electric grill or pan (use the same pan as the veggies) over medium heat. Cook on grill for 4 minutes total. Or in a pan for 8-10 minutes, stirring and flipping constantly for even cooking for about 5 minutes. Add marinade to the pan and cover. Reduce heat to simmer and cook for 4-5 minutes longer, or until chicken is cooked through.

### Notes:

- Vegetarian option: drain and rinse a can of beans in place of the chicken
- Lower fat option: Use tofu in place of chicken. Press and slice tofu into strips. Season with spices for chicken and cook over medium heat 3 minutes per side.

- Dairy option: top with shredded mozzarella or cheddar cheese.

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **404**

% Daily Value\*

<b>Total Fat</b> 16.7g	<b>21%</b>
Saturated Fat 3.2g	<b>16%</b>
<b>Cholesterol</b> 101mg	<b>34%</b>
<b>Sodium</b> 345mg	<b>15%</b>
<b>Total Carbohydrate</b> 25.3g	<b>9%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 6.2g	
<b>Protein</b> 38.7g	
Vitamin D 0mcg	0%
Calcium 42mg	3%
Iron 3mg	14%
Potassium 765mg	16%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**



**DF** Dairy Free

**CC** Calorie Conscious

**HF** High Fiber

Calories and cost of this meal are calculated based on ingredients listed in the recipe.