



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.

## Nutrition Label

<b>Chicken Vegetable Fajitas</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>272</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11.3g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 54.4mg	<b>18%</b>
<b>Sodium</b> 181mg	<b>8%</b>
<b>Total Carbohydrates</b> 24.2g	<b>8%</b>
Dietary Fiber 4.3g	<b>17%</b>
Total Sugar 3.8g	
<b>Protein</b> 19.9g	
<b>Vitamin D</b> 1.7IU	<b>0%</b>
<b>Calcium</b> 35.4mg	<b>4%</b>
<b>Iron</b> 1.3mg	<b>8%</b>
<b>Potassium</b> 396.4mg	

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