

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Sizzling Chicken Fajitas

Chili-garlic chicken strips with peppers and onions, wrapped in warm whole wheat tortillas. 22 g protein.

Makes 6 servings | Serving: 1 tortilla with 2/3 cup filling | About $1.23 per serving | 15 min + 10 min | 22 g protein

Ingredients

- 1 pound boneless, skinless chicken breast
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 1/2 tablespoons oil (canola or vegetable)
- 1 red bell pepper (thinly sliced)
- 1 green bell pepper (thinly sliced)
- 1 medium onion (thinly sliced)
- 6 (8 inch) whole wheat tortillas
- Optional ingredients: chopped cilantro, chopped tomato, shredded cheese, sliced jalapeno

Nutrition Facts

Per serving (1 tortilla with 2/3 cup filling)

Calories	**280**
Total Fat	9 g
Saturated Fat	1.5 g
Sodium	380 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars	0 g
Protein	22 g
Calcium	15 mg
Iron	1 mg
Potassium	386 mg

Method

1. Freeze the chicken 30 minutes so it slices easily, then cut it into 1/4-inch strips. Season both sides with chili and garlic powder.
2. Heat the oil in a 12-inch skillet over medium-high heat and cook the chicken 3-5 minutes, stirring often.
3. Add the peppers and onion and cook until tender and the chicken reaches 165°F.
4. Spoon about 2/3 cup onto each tortilla and add your favorite toppings.
5. Serve flat or rolled.

Swaps: Swap in black beans, beef or pork. Warm the tortillas so they fold without cracking.

Storage: Refrigerate the filling up to 4 days.

Why it's good for you

- Chicken breast is lean protein.[1]
- Bell peppers are rich in vitamin C.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/ [2] NIH Office of Dietary Supplements: Vitamin C fact sheet, https://ods.od.nih.gov/factsheets/VitaminC-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/chicken-fajitas/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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