

Healthy Fajita Recipe!

Serves 6 people, 340 Calories for two fajitas

Ingredients:

- 1 pound boneless & skinless chicken breasts
- 1 can (14-1/2 ounces) diced tomatoes and green chilies
- 1 medium onion
- 1 medium green pepper
- 1 medium sweet red pepper
- 2 tablespoons canola oil
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 12 whole wheat tortillas (6 inches)



Directions:

1. Thinly slice the onion, green peppers, and red peppers
2. Drain the can of diced tomatoes as well as the can of green chilies
3. Cut chicken into strips
4. Prepare a 13-inch by 9-inch baking dish by coating it with cooking spray
5. Combine the chicken, tomatoes, onion, and peppers into the cooking dish
6. Combine the oil, chili powder, cumin and salt in a separate bowl or container
7. Drizzle the spices over the chicken mixture and mix the ingredients to coat everything evenly
8. Bake, uncovered, at 400° for 20-25 minutes or until chicken is no longer pink and vegetables are tender.
9. Spoon onto warmed tortillas and enjoy!

Replace salt w/

1/2 tsp Garlic powder?

1/2 tsp Oregano?

"Love how [easy](#) this recipe is. I tend not to add the salt and add 1/2t garlic powder and 1/2t oregano."