

# chicken fajitas



Total Time: **25 minutes - 30 minutes**

Prep Time: **10 minutes**

## ingredients (Servings: 4)

2 Tablespoons vegetable oil, divided in half

1-1/2 cups yellow onion, peeled and sliced lengthwise into 1/4-inch strips

2 cups bell peppers, seeded and sliced into 1/4-inch strips

2 cups Roasted Chicken, sliced or pulled into 1/4-inch strips

4 whole wheat or plain 10-inch tortillas, warmed

Salt and pepper, to taste

*Optional*

1 Tablespoon ground cumin

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1 Tablespoon chili powder

1 Tablespoon jalapeno pepper, seeded and finely diced

Sour cream

Shredded cheese

Salsa

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# chicken fajitas

## directions

**step 1:** Heat 1 Tablespoon of oil in a skillet over medium-high heat until the oil is hot but not smoking. Add onions to the skillet and cook, stirring occasionally until soft and lightly browned, about 6 minutes. Remove to a large bowl.

**step 2:** Add peppers to the skillet and cook, stirring occasionally until tender, about 5-7 minutes. Remove the peppers to the bowl with the onions.

**step 3:** Toss the chicken strips in the seasoning (cumin and chili powder, if using) in a medium-size bowl. Add the remaining 1

Tablespoon of oil to the skillet and heat until hot but not smoking. Add the chicken and optional jalapeno and cook, stirring frequently, until warmed through, about 4 minutes.

**step 4:** Add the cooked peppers and onions back to the pan and stir to mix thoroughly. Remove to a platter and serve with warm tortillas. Set out toppings such as sour cream, shredded cheese and salsa so that everyone can fix his or her own plate to individual tastes.

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