

CHICKEN FAJITAS (HEALTHY)



It's fajita time! This recipe is a wonderful option for a weekday dinner – it's healthy, delicious and ready in 20 minutes. Serve with low fat toppings like salsa, chopped tomatoes, fat free sour cream or hot sauce. Remember that all of that hard work that you put into your workouts can quickly and easily be lost on unhealthy eating – which is why it's so important to enjoy light, protein-filled meals like this one.

🕒 20 minutes

🍴 0.8 fajita

INGREDIENTS

- 1 tsp of spices, chili powder [3 g]
- 1 tsp of salt, table [6 g]
- 1 whole tsp of spices, cumin seed [2 g]
- 1 tsp of spices, garlic powder [3 g]
- 1 tsp of spices, onion powder [2 g]
- 14 grams of cornstarch
- 1/4 serving [8 fl oz] of beverages, water, tap, well [59 g]
- 16 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw [452 g]
- 10 strips of peppers, sweet, green, raw [27 g]
- 27 grams of peppers, sweet, red, raw
- 1 medium slice [2-1/2" dia] of onions, raw [110 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 28 grams of lime juice, raw

COOKING METHOD

1. In a re-sealable bag, combine Chile powder, salt, cumin, garlic powder, onion powder, cornstarch, and water. Add chicken, bell peppers, and onion; gently knead to coat. Refrigerate for 15 minutes
2. Heat the oil in a skillet, empty the contents of the bag into the skillet and cook over high heat. Stir occasionally and cook until the vegetables are tender crisp and the chicken is cooked through, about 7 minutes. Remove from heat and stir in lime juice
3. Transfer to serving dish and enjoy with lime wedges

NUTRITIONAL INFORMATION

	PER 100 g	PER FAJITA (120 g)	% DRI
ENERGY	109 kcal	131 kcal	7 %
PROTEIN	14 g	17 g	34 %
CARBOHYDRATE	5 g	6 g	2 %
SUGARS	1 g	1 g	1 %
FAT	4 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	4 %
FIBER	1 g	1 g	3 %
SODIUM	351 mg	422 mg	18 %