

Chicken Fajitas

I use the Joseph's brand Whole Wheat and Flax tortilla wraps – there only 80 calories a wrap!

And for toppings we use:

Fat free sour cream
2% shredded Mexican cheese
Salsa
Guacamole

3 boneless/skinless chicken breasts – cut into 3” strips
1 Tablespoon oregano
3 Tablespoons diced jalapenos (the one in a jar)
1 tsp cumin
3 tsp chile powder
Juice of 2 limes
½ tsp salt
½ tsp pepper
Mix all of this up in a bowl and let sit while you are slicing up the rest of the veggies and up to 1 hour



2 large green peppers – cut in slices
1 large red pepper – cut in slices
2 red onions sliced

1. Heat a large pan to medium high and then spray with olive oil cooking spray
2. add chicken and cook all the way through about 6 minutes
3. take chicken out of the pan and put aside in a bowl
4. add peppers and onions and cook until soft about 10 minutes
5. once peppers and onions are soft add chicken back to the pan to warm up

- while everything is warming up you can quickly warm your tortillas in a small pan, one at a time put the in a small pan for about 15 seconds a side (on high) put in tin foil to keep warm!