FRESH AND FLAVORFUL CHICKEN FAJITAS

Ingredients

- 4 tablespoons of olive oil, divided
- 2 tablespoons lime juice
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1 1/2 pounds boneless skinless chicken breast, cut into thin strips
- 1/2 medium sweet red pepper, julienned
- 1/2 medium green pepper, julienned
- 4 green onions, thinly sliced
- 1/2 cup chopped onion
- whole wheat tortillas

Instructions

1. In a large bowl, combine 2 tablespoons oil, lime juice and seasonings; add the chicken.
2. Turn to coat; cover. Set aside.
3. In a large skillet, sauté peppers and onions with salt and pepper in remaining oil until crisp-tender. Add more oil/other seasonings if needed. Remove and keep warm.
4. In the same skillet, cook chicken over medium-high heat until no longer pink, 5-6 minutes.
5. Transfer to cutting board when done and cut into strips. Return to pan.
6. Return pepper mixture to pan; heat through.
7. Spoon filling down the center of tortillas
8. Top with toppings such as: reduced fat shredded cheese, guacamole, salsa, reduced fat sour cream and or yogurt
9. Serve immediately and enjoy!

Nutritional Value

1 fajita: 369 calories
15g fat (2g saturated fat)
63mg cholesterol
689mg sodium
30g carbohydrate (2g sugars, 1g fiber)
28g protein