Chicken & Vegetable Fajitas



This recipe adds mushrooms to a traditional fajita blend which provides a bonus of additional fiber and umami flavor!

YIELD	PREP TIME	TOTAL TIME
2 SERVINGS	15 MIN	45 MIN

INGREDIENTS

2 tsp Olive Oil, divided ½ each Onion, sliced into thin strips ½ each Bell Pepper, sliced into thin strips Mushrooms, sliced thin 4 07 2 cloves Garlic, minced Chicken breast or thigh, boneless 1/2 lb and skinless, cut into thin strips or bitesize pieces 4 tsp Salt-Free Taco Seasoning ⅓ tsp Kosher Salt To Taste Black Pepper 1-2 Tbsp Water

CHEF'S NOTES

To make this dish a complete meal, serve this vegetable-filled fajita blend as a bowl served over cilantro lime brown rice, seasoned black beans and your favorite toppings.

Topping Suggestions:

- Salsa Pico de Gallo, Corn, etc.
- Avocado
- Plain Greek Yogurt
- Shredded Lettuce or Cabbage
- Sliced Scallions & Cilantro
- Hot Sauce

DIRECTIONS

- 1. Gather all necessary equipment and ingredients.
- 2. Heat a medium skillet over medium-high heat. Once hot, add 1 tsp of the oil and swirl to coat.
- 3. Add the onions, allowing then to cook until lightly browned on the edges and softened, about 3-4 minutes. Add the bell pepper and continue to sauté until the peppers start to soften, about 2 more minutes.
- 4. Add the mushrooms to the pan. Sauté until the mushrooms are browned and they release their water, about 3-4 minutes. Add the garlic and stir constantly, until the garlic is fragrant, about 30 seconds 1 minute.
- 5. Push the vegetables to the outer edges of the pan and add the remaining 1 tsp of oil to the center of the pan. Allow the oil to heat and then add the cut chicken to the center of the pan in one even layer. Once browning is visible on the sides of the chicken, flip them over. Over the top of all the ingredients, evenly sprinkle the taco seasoning, salt and pepper and stir to coat. Once the chicken is browned on the second side, add the water to the pan and mix all the fajita mixture well to combine.

Nutrition Facts

2 servings per container

Serving Size about 1 1/2 cups (255 g)

Amount per serving

Calories 230

	% Daily Value *
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 220mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	9%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	57%
Vitamin D 0.07mcg	0%
Calcium 40mg	3%
Iron 1mg	7%
Potassium 800mg	17%

^{*}The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice







