

Chicken & Vegetable Fajitas



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

YIELD 2 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 tsp	Olive Oil, <u>divided</u>
½ each	Onion, sliced into thin strips
½ each	Bell Pepper, sliced into thin strips
4 oz	Mushrooms, sliced thin
2 cloves	Garlic, minced
½ lb	Chicken breast or thigh, boneless and skinless, cut into thin strips or bite-size pieces
4 tsp	Salt-Free Taco Seasoning
⅛ 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 them 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.

