

Chicken Fajitas- Serves 8

Ingredients

2 Medium Skinless/Boneless Chicken Breasts
1 Medium Red Pepper
1 Medium Green Pepper
1 Onion
6 ounces of Mushrooms
½ Cup of Shredded Cheese
1 Pack of Whole Wheat Tortillas
3 Tbsp. Soy Sauce
Garlic Powder
Hot Sauce
Salsa and Pepper



Brandon Cain, Heejo Han, Nick Morenz



Method

Slice peppers, onion and mushroom into thin slices and place in medium temperature frying pan using non-stick spray. Add seasonings for taste. Cook for 7-10 minutes. Add sliced chicken and cook until chicken is done. Place the food in a tortilla and add the seasonings, cheese, salsa, sauces and spices that you prefer. Lightly cook or grill the tortilla shells for added texture. Enjoy.

Nutrients

Entire Meal (Serves 8)	1 Serving
Calories: 1946	Calories: 243
Protein: 162g	Protein: 20g
Carbs: 192g	Carbs: 24g
Fat: 61 g	Fat: 7.7g
Sodium: 1650mg	Sodium: 206.25 mg