

Chicken Fajitas - 6 servings

2 chicken breasts
1 tablespoon of olive oil
6 wheat tortilla, 6 romaine lettuce leaves
1 large tomato, 2 oz grated cheddar cheese
3 Tablespoons of Salsa
6 Tablespoons of sour cream
Fruit and chips on the side.
Recipe: 1582 calories, 98 Pro, 141 Cho, 73 Fat, 3,282 Na
Serving: 264 Calories, 16 Pro, 24 Cho, 12 Fat, 547 Na



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Chicken fajitas contain several different foods including chicken, a tortilla, lettuce, tomatoes, grated cheese, salsa, and sour cream. Fruit and chips make for excellent side dishes creating for a quick and easy nutritional meal.

To begin, obtain a lean boneless chicken breast and cut off any excess fat. The stove should be turned to a medium to high setting with a little olive oil covering the bottom of the pan. Cut the chicken into small bite size pieces and place them in the pan. Always take proper precautions when dealing with raw chicken to avoid salmonella. Mix the taco seasoning with about $\frac{1}{2}$ cup of water. Flip and stir the chicken occasionally until browning begins. Pour the taco seasoning on the chicken and mix for about a minute.

Prepare the toppings for the tortilla by cutting the tomato into small pieces. Also, lay out the lettuce, cheese, sour cream, salsa, tortillas and taco seasoning for later use. Place the tortillas on a plate to microwave for about 20 seconds. Put the chicken and side items on the tortilla. With a side of watermelon and chips, you have quickly created a simple, delicious, and healthy meal. Enjoy!