Chicken Fajitas

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 2 fajitas

Ingredients

½ teaspoon garlic powder

½ teaspoon chili powder

½ teaspoon ground cumin

¼ teaspoon cayenne

½ pound (8 ounces) boneless skinless chicken breasts, sliced into thin strips

1 tablespoon olive oil, divided

1 large onion, sliced (about 1½ cups)

1 large bell pepper, sliced (about 1½ cups)

1 large tomato, diced (about 1½ cups)

1 avocado, sliced

½ cup nonfat plain Greek yogurt

½ cup salsa or Pico de Gallo (homemade or store-bought)

4 (8-inch) whole-wheat tortillas

Directions

1. In a medium mixing bowl, mix together the garlic powder, chili powder, cumin, and cayenne.
2. Add the raw chicken and toss to coat with the spice mixture.
3. Heat a medium skillet or sauté pan over medium heat.
4. Add ½ tablespoon of the oil and heat until shimmering.
5. Add the chicken. Cook, stirring often, until the chicken is fully cooked and no longer pink, about 5-7 minutes.
6. Remove the chicken from the pan and place on a clean plate. Cover the plate with foil and set aside.
7. Return the pan to the stovetop and turn the heat up to high.
8. Add the remaining ½ tablespoon oil.
9. Add the onion and bell pepper. Cook, stirring often, until crisp-tender, about 3-5 minutes.
10. Divide the chicken, onion-pepper mixture, tomato, avocado Greek yogurt, and salsa over the tortillas.
11. Serve warm.

Nutrition Facts Per Serving: Calories: 610 | Total Fat: 32 g | Saturated Fat: 6 g
Sodium: 500 mg | Total Carbohydrate: 47 g | Dietary Fiber: 13 g | Protein: 38 g

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