



Microwave Chicken Fajitas

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 fajitas (filled tortillas) without toppings

Ingredients

2 medium bell peppers, sliced ¼-inch-thick (about 4 cups)
½ medium onion, sliced ¼-inch-thick (about 1 cup)
1 tablespoon olive oil
4 tablespoons (¼ cup) fajita seasoning, divided (store-bought or homemade; see Recipe Notes)
1 pound (16 ounces) fresh chicken tenders without breading
8 (6-inch) corn or whole-wheat tortillas, warmed
Optional toppings: Cheese, Pico de Gallo, guacamole or avocado, plain Greek yogurt, lettuce or cabbage, lime wedges, cilantro

Recipe Notes

- Boneless skinless chicken breast or steak, cut into ½-inch strips, can be used in place of the chicken tenders.
- To make reduced-sodium fajita seasoning (reduces sodium per serving to 515 mg), mix together: 4 teaspoons chili powder, 2 teaspoons sweet or smoked paprika, 1 teaspoon ground cumin, 1 teaspoon onion powder, 1 teaspoon garlic powder, 2 teaspoons packed brown sugar, ½ teaspoon salt, ¼-½ teaspoon cayenne (to taste).

Directions

1. Add the bell peppers and onion to an 8x8-inch or 9x9-inch microwave-safe glass baking dish (or other 8-10 cup microwave-safe dish) that has a lid.
2. Add the oil and 2 tablespoons of the seasoning. Toss to coat the vegetables.
3. Coat the chicken with the remaining 2 tablespoons of seasoning, then place on top of the vegetables.
4. Cover dish with the lid and microwave on high power (default setting) until the chicken is cooked through (internal temperature of 165°F) and the vegetables are tender, about 7-10 minutes.
5. Let sit for 2 minutes, then slice the chicken and toss with the vegetable mixture.
6. Divide the chicken-vegetable mixture between the tortillas (~⅓ cup each). Serve warm, adding toppings as desired.

**Nutrition Facts Per Serving: Calories: 415 | Total Fat: 9 g | Saturated Fat: 1.5 g
Sodium: 620 mg | Total Carbohydrate: 44 g | Dietary Fiber: 5 g | Protein: 37.5 g**

For more recipes, please visit www.nutrition.va.gov

