

Sheet Pan Chicken Fajitas

Give It
A Try



Need a quick weeknight meal idea? Try these sheet pan chicken fajitas – they are quick and easy to prepare, packed with flavour and use minimal dishes.

Nutritional analysis per serving:

320 calories, 7 g fat, 29 g protein, 35 g carbohydrate (29 g available carbohydrate), 6 g fibre, 368 mg sodium



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Chicken Fajitas



Serves 6 (1 tortilla per serving)



Ingredients:

- 1½ tsp cumin
- 1 tbsp chili powder
- 2 tsp paprika
- 1 tbsp oregano
- 1 lb boneless skinless chicken breast, sliced
- 5 cups bell peppers (red, orange and green), sliced
- 1 cup sliced onion
- 1 tbsp canola oil
- 1 lime
- 6 flour tortillas (8 inch)

Preparation:

1. Preheat oven to 400°F.
2. Combine all of the spices in a small bowl and mix well.
3. In a large bowl, combine chicken, peppers, onion and canola oil. Toss to coat.
4. Sprinkle spice mixture over the chicken, peppers and onions and mix until well coated.
5. Place mixture on a parchment paper-lined rimmed baking sheet.
6. Bake until chicken is cooked and vegetables are tender, about 20 minutes.
7. Remove from heat and drizzle lime juice over the chicken and vegetables.
8. Garnish with cilantro, sour cream or avocado.
9. Serve and enjoy!

*Meal Prep Tip: This recipe may prepared up to step 4 and frozen for up to 3 months. Thaw in the refrigerator before cooking as directed in step 6.

Did You Know? 'Fajita' translates to 'Little Band' in Spanish.

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