



CHICKEN FAJITAS

Serves 4 - 6



- 1 pound of chicken breasts - boneless
- 1 lime
- 2 teaspoons of sugar
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1 teaspoon of oregano
- 1/2 teaspoon of cumin
- 1/2 teaspoon of red pepper flakes
- 1 medium onion sliced
- 3 medium bell peppers - sliced
- 1/4 teaspoon of salt
- 1/8 teaspoon of black pepper
- 1 tablespoon of olive oil
- 8 flour tortillas - warmed

Slice chicken into thin strips approximately 3 inches long and set them in a flat glass baking dish.

Squeeze the juice from one lime on top of the chicken.

Mix together sugar, garlic powder, onion powder, oregano, cumin, and red pepper flakes and sprinkle the spices onto the chicken being sure to coat it all.

Pre-heat your oven to 325 degrees. Wrap eight flour tortillas in a clean dish towel and put them in a serving dish. Cover the dish with tinfoil and put it in the oven for about 10 minutes to warm up. Preheat your oven-safe serving dish in the oven as well.

In a large preheated frying pan, heat 1 Tablespoon of olive oil over medium high heat. When the oil shimmers, add the sliced onions and pepper and sauté 2-3 minutes or until tender. Season with salt and pepper and remove from pan. Place on heated serving dish. Cover with tinfoil to keep warm.

Add the chicken to the hot pan and quickly sauté until cooked through – approximately 4-5 minutes.

Add the cooked chicken to the serving platter.

Place warm tortilla on a plate; add chicken and peppers and onions and serve.

You can garnish Chicken Fajitas with salsa, guacamole, shredded cheese and sour cream.