

LESSON 9: FOOD AND KITCHEN SAFETY

Chicken Fajitas

INGREDIENTS

- 2 teaspoons smoked paprika
- ½ teaspoon ground cumin
- 1 clove garlic, peeled and minced
- 2 TBSP olive oil, divided
- 2 large chicken breasts, cut into thin strips
- 1 onion, peeled, halved and thinly sliced
- 1 red bell pepper, deseeded and sliced
- 1 yellow bell pepper, deseeded and sliced
- 1 lime



Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	195 kcal	10 %
Total Fat	9.7 g	15 %
Saturated Fat	1.7 g	9 %
Trans Fat	0.1 g	
Cholesterol	51 mg	17 %
Sodium	50 mg	2 %
Total Carbohydrate	7.5 g	3 %
Dietary Fiber	1.4 g	6 %
Sugars	4.2 g	
Protein	19.6 g	39 %
Vitamin A	12 %	Vitamin C 164 %
Calcium	3 %	Iron 7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS

- 1 In a large bowl, combine paprika, cumin, garlic and 1 TBSP of oil in a bowl. Add the chicken strips and stir to coat with the mixture. Allow to marinate for 5+ minutes.
- 2 Heat the remaining oil in a large skillet and cook the chicken for a couple of minutes. Add onion and peppers. Cook for an additional 5 minutes (until the chicken is cooked through and the vegetables have softened.)
- 3 Squeeze the juice of the lime into the mixture and serve.

Recipe from healthylittlefoodies.com