

Chicken Fajitas

Prep Time: 6 - 15 Minutes.

Bake Time: approx 15 Minutes.

Ready in approx: 30 Minutes.



	Nonstick cooking spray	
1-1/2 lbs	boneless, skinless chicken breasts, sliced	.65 kg
1/4 cup	water	60 ml
1 pkg	fajita mix	1 pkg
1	medium onion, sliced	1
1	medium green pepper, thinly sliced	1
5 tbsp	low-fat sour cream	75 ml
5 tbsp	salsa	75 ml
5	large wheat tortillas	5

Directions

- 1 Spray a large pan with nonstick cooking spray and warm over medium heat.
- 2 Add the chicken and cook until no longer pink inside, about 7 minutes. Add the water and fajita mix. Stir to combine.
- 3 Add the onion and the green pepper and cook until crisp/tender, about 4 minutes.
- 4 Divide the chicken mixture evenly among the tortillas; top each portion with 1 tablespoon low-fat sour cream and 1 tablespoon salsa. Roll up and serve.

Information per serving:

K-Count: 4

Calories: 317

Protein: 38.6 g

Carbs: 35.4 g

Fat: 8.4 g

Recipe courtesy of Kinetix