



refreshingly healthy

## Easy Fajitas

Serves 1

### Ingredients:

4 oz	Chicken breasts cut into strips
1/3 cup	Red pepper- cut into strips
1/2 cup	Mushroom, sliced, pieces
1 cup	Onion, sliced
2 tortillas	Tortilla, wheat or corn, 7-8" dia.
1 tsp	Cumin powder
1 tsp	Chili powder
1/4 tsp	Garlic powder
1/4 tsp	Sea salt
2 dashes	Ground black pepper
1/8 tsp	Red pepper, ground
1 tsp	Olive oil
1 slice	Onion, fresh, 1/8" thick
1/2 medium	Green pepper, cut into strips, 3/4" long
3 lime	Lime juice, fresh, juice of 1 lemon

### Directions:

Combine chicken, cumin, chili powder, salt, garlic powder, black pepper and red pepper in a heavy duty zip-lock bag. Seal and shake well to coat. Heat the tortillas. Heat oil in skillet over medium heat until hot. Add chicken, onion, peppers and saute until chicken is done. Remove from heat and stir in lime juice. Divide evenly among tortillas, and roll.

### OPTION:

Serve with low-fat sour cream, guacamole and salsa if desired.

Serving Size: 2 Fajitas and 1 Tablespoon sour cream.

Calories: 293.10	Protein: 19.23 g	Carbs: 39.86 g	Total Fat: 7.27 g
Sat Fat: 1.47 g	Cholesterol: 32.89 mg	Sodium: 554.91 mg	Fiber: 4.41 g