

LET'S COOK!

SHEET PAN CHICKEN FAJITAS



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Servings: 4 Ready in: 60 minutes

2 medium	boneless, skinless chicken breasts, cut into 2 inch strips
2 cloves	garlic, minced
1 tbsp	fresh lime juice
1 tsp	vegetable oil
1 tsp	chili powder
½ tsp	ground cumin
	vegetable oil cooking spray
1 medium	onion, thinly sliced
1 medium	red bell pepper, thinly sliced
1 medium	green bell pepper, thinly sliced
1 cup	salsa
½ tsp	salt
¼ tsp	freshly ground black pepper
4	tortillas (8 inches each)

Optional Toppings: salsa, cheese, plain yogurt, lime wedges, chopped cilantro

NUTRITION TIPS

To increase the fibre and reduce the saturated fat in this recipe, use:

- Whole wheat flour tortillas
- Low-fat cheese (<20% M.F.)
- Low-fat yogurt (<2% M.F.)

To learn more about food safety, visit york.ca/FoodSafety

INSTRUCTIONS:

1. Heat oven to 400°F/ 205°C.
2. In a bowl, toss chicken with garlic, lime juice, oil, chili powder and cumin; marinate 20 minutes. Coat a rimmed sheet pan with cooking spray; add chicken with marinade, onion, bell peppers, salsa, salt, black pepper; toss to combine.
3. Roast stirring once, for about 20 minutes, until chicken is cooked through and it reaches an internal temperature of 165°F/ 74°C.
4. Wrap tortillas in foil; heat in oven during last 10 minutes of roasting time. Divide evenly among tortillas, along with salsa, cheese, yogurt and cilantro. Garnish with lime wedges, if desired.

TIP: Add extra chicken breast to make fajita flatbread later in the week. A perfect planned-over!

Adapted from: *Epicurious.com. Gloria Downard, accessed 2019*

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