












QUICK MICROWAVE CHICKEN FAJITAS (pg.1)

STEPS	INGREDIENTS	PROCEDURES
<p style="text-align: center; font-size: 2em; font-weight: bold;">1</p>	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;">  <div style="margin-left: 5px;">1 (12.5 oz) can chicken breast</div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 5px;">1 Tablespoon taco seasoning mix</div> </div> <div style="display: flex; align-items: center;"> <div style="margin-right: 5px;">taco seasoning</div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 5px;">frozen peppers and onions</div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 5px;">glass dish</div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 5px;">mixing spoon</div> </div> </div>	<p>Place chicken in a microwave safe dish. Break the chunks into small pieces, add taco seasoning. Stir to coat.</p>  <p>Add frozen vegetables to chicken. Stir chicken, seasoning and vegetables.</p> 
<p style="text-align: center; font-size: 2em; font-weight: bold;">2</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">a sheet of paper towels</div> </div> <p>towels</p>	<p>Microwave chicken and vegetables covered with a paper towel, on HIGH for 5 minutes</p> 
<p style="text-align: center; font-size: 2em; font-weight: bold;">3</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">4 floured tortillas</div> </div> <p>Optional fillings: cheese, sour cream, salsa, guacamole</p>	<p>Wrap the tortillas with a damp paper towel and microwave on HIGH for 30 seconds, or until they are warm</p>  <p>To serve, spoon the chicken and vegetable mixture into the centers of the shells and top as desired.</p> 