


Quick Microwave Chicken Fajitas

Makes 4 Servings

Nutrients Per Serving:







210 Calories | 4g Fat (1g Saturated) | 17g Carbohydrates | 0g Added Sugar | 23g Protein | 500mg Sodium | 1g Fiber

Equipment Needed

			
Microwave	Glass or microwave dish	Mixing spoon	Measuring spoons
			
Paper towels			

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

			
1 (12.5 oz) can of chicken breast	1 tablespoon taco seasoning mix	1 package pepper & onion blend	4 flour tortillas
		 Guacamole	
Optional topping: grated cheese	Optional topping: low fat sour cream	Optional topping: guacamole	Optional topping: salsa

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Place chicken in a microwave safe bowl and break chunks into small pieces.

3



Mix 1 Tbsp taco seasoning into the chicken. Stir until all chicken is coated.

4



Add frozen peppers & onions to the chicken mixture. Stir until well mixed.

5



Cover bowl of chicken & veggies with a paper towel and microwave on HIGH for 5 minutes.

6



Wrap tortilla in a damp paper towel, then microwave on HIGH for 30 seconds or until they are warm.

7



Spoon chicken and vegetables in the middle of the tortilla.

8



Add any optional topping on your fajita. Enjoy!!!