

MAKE A GREAT PLATE.

Sheet Pan Chicken Fajitas

INGREDIENTS

- 3 tbsp extra-virgin olive oil
- 2 tsp chili powder
- ½ tsp each garlic powder, dried oregano, cumin and salt
- 1½ lbs (24 oz.) raw chicken breast, cut into strips
- 2 bell peppers, any color, seeded and sliced
- 1 sweet onion, sliced

DIRECTIONS

Preheat oven to 400°F. Line baking sheet with foil or parchment. **Combine** oil, spices and chicken in large, resealable container; shake to mix. **Marinate** in refrigerator at least 15 minutes. Spread chicken mixture onto prepared sheet pan. **Add** peppers and onions to pan. **Bake**, stirring halfway through, about 20 minutes, or until chicken is cooked to 165°F. **Serve** with whole-grain tortillas and salsa.

Makes 4 Servings. Each 276 calories • 32g protein • 14g total fat • 6g carb • 3g sugar
3g fiber • 360mg sodium • 2g saturated fat • 10g mono fat • 2g poly fat

