

Fajitas

Serves: 6 | Serving Size: 1 tortilla with 3/4 cup filling

Ingredients Needed:

- 1 can (15 ounces) black beans, drained and rinsed, or 1 pound boneless, skinless chicken breast (see preparation directions below)
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 1/2 tablespoons oil (canola or vegetable)
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 medium onion, thinly sliced
- 6 (8-inch) whole wheat tortillas
- 1 cup tomato, chopped (optional)
- Avocado, sliced (optional)
- Cilantro, chopped (optional)
- Jalapeño, sliced (optional)



Directions if using black beans:

1. Add oil to a 12-inch skillet. Heat to medium high.
2. Add bell peppers and onion. Stir and cook until vegetables are tender.
3. Add drain and rinsed black beans (or cooked chicken – see directions below), chili powder, and garlic powder. Stir well to combine and heat thoroughly.
4. Scoop mixture (3/4 cup each) onto tortillas. Top with your favorite toppings.
5. Serve flat or rolled.

Directions if using chicken:

1. Freeze chicken 30 minutes until firm and easier to cut. Cut chicken into 1/4 inch strips. Place in a single layer on a plate. Wash hands, knife, and cutting board. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12-inch skillet. Heat to medium high. Add chicken strips. Cook about 3-5 minutes, stirring frequently.

3. Add bell peppers and onion. Stir and cook until vegetables are tenders and chicken is no longer pink. (Heat chicken to at least 165°F).
4. Scoop chicken mixture (3/4 cup each) onto tortillas. Top with your favorite toppings.
5. Serve flat or rolled.

Tips:

- Beef or pork can be used instead of beans or chicken.
- Use corn tortillas instead of whole wheat.
- Heat cold tortillas to make them easier to fold. Cover tortillas with a moist paper towel and heat for 30 seconds in the microwave.
- 3 cups pepper equals 2 medium peppers.
- Use plastic gloves to handle hot peppers. If you don't have gloves, wash your hands with soap and water before touching your face, cooking utensils or another person.