

# #LetsCook30

## SHEET PAN CHICKEN FAJITAS

This is the perfect dish for 'planned-overs'. Add an extra chicken breast for extras to make fajita flatbread later in the week.

**Servings:** 4

**Ready in about:** 60 minutes

2 medium	boneless, skinless chicken breasts, cut into 2-inch strips
2 medium cloves	garlic, minced
1 tbsp	fresh lime juice
1 tsp	vegetable oil
1 tsp	chili powder
1/2 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
1/2 tsp	salt
1/4 tsp	freshly ground black pepper
4	tortillas (8 inches each)
Optional Toppings	salsa, cheese, plain yogurt, radishes, fresh lime juice, fresh cilantro

### Nutrition Tips

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

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

### INSTRUCTIONS:

1. Heat oven to 400°F. 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.
2. Roast stirring once, until chicken is cooked through, about 20 minutes.
3. 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 radish slices and lime wedges, if desired.

Adapted from: Epicurious.com. Gloria Downard. Accessed 2019.

### PUBLIC HEALTH

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