



mahaskahealth
Dedicated to Caring for You

Chicken Fajitas

INGREDIENTS

- 2 - 3 Chicken Breast (1 - 1.5 lbs of chicken)
- 1 (14 oz) bag of frozen Fajita Mix Vegetables
- 1 Tablespoon of Fajita Seasoning
- 1 (10 oz) can of Rotel® Tomatoes
- 1 (15 oz) can of Black Beans (No Salt Added)

SERVINGS: 8

PREP TIME: 5-10 MIN

COOKING TIME: 30 MIN

Chicken Fajitas

DIRECTIONS

- Cut chicken into strips and season with fajita seasoning.
- Add chicken to skillet, sauté until juices run clear, or use leftover meat that has been cut into strips and warmed in a skillet.
- Add a package of frozen fajita peppers and onions. Sauté until caramelized.
- Add a can of Rotel tomatoes and rinsed black beans. Simmer for 10 - 15 minutes.
- Enjoy with your favorite tortilla!

NUTRITIONAL INFORMATION

Calories 123, Total fat 1g, Carbohydrates 14g,
Sodium 189mg, Protein 14g



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