



## Chicken Fajitas

- 1 - 12 oz package chicken tenders (preferably organic)
- 2 tablespoons chili powder or fajita seasoning
- 1 - 12oz package of frozen sliced peppers and onions blend (defrosted)
- 1 - package of whole-wheat tortillas
- 6 oz grated Mexican cheese blend
- 1 cup fresh salsa, homemade or all natural store bought
- ½ cup low fat sour cream (preferably organic)
- ½ cup shredded lettuce

Preheat oven to 425 degrees

- 1) Line a cookie sheet with parchment paper
  - 2) Lay chicken tenders on one side of parchment paper
  - 3) Sprinkle chicken with Cajun seasoning
  - 4) Scatter peppers and onions next to chicken
  - 5) Bake chicken and peppers for 10 to 12 minutes or until chicken feels firm to the touch
- Assemble fajitas with desired toppings

**Serves 2**

\* Chef Laurie Tip: When purchasing fresh salsa be sure there are no artificial preservatives