

Fajitas



INGREDIENTS

1 lb. boneless, skinless chicken or turkey breasts, cut into thin strips
 ¼ large red onion, coarsely chopped
 ¼ cup orange juice
 2 Tbsp. lime juice
 ½ tsp. salt, divided
 1 tsp. cumin
 1½ tsp. chili powder
 1-2 garlic cloves, minced or ½ tsp. garlic powder
 2 Tbsp. vegetable or olive oil
 2 red onions thinly sliced
 2 red or yellow bell peppers, thinly sliced
 8-12 flour tortillas, whole wheat preferred
 *use corn tortillas
 Topping options: thinly sliced avocado, plain yogurt or light sour cream, cilantro, and salsa

NUTRITION FACTS *6 servings*

Calories: 200 Total Carbohydrate: 8 g
 Fat: 8 g Dietary fiber: 1 g
 Sodium: 189 mg Protein: 25 g
 Nutrition facts don't include tortillas/ toppings

SHORTCUT PREP

Skip the seasonings (salt, cumin, chili powder, and garlic) and simply mix ½ cup of salsa with the orange juice, lime juice, and onion. Then marinate as instructed.

DIRECTIONS

1. Mix together ¼ onion, lime juice, orange juice, ¼ tsp. salt, cumin, chili powder, and garlic in medium bowl. Add chicken strips and toss to coat. Cover and leave to marinate for 30 minutes minimum in the fridge (or up to 4 hours). Marinating longer than 4 hours will make meat mushy. Drain well, just leaving chicken pieces.
2. Preheat oven to 250 degrees.
3. Heat 1 Tbsp. oil in a skillet over medium heat. Cook onions and peppers about 10 minutes until tender and browned and season with remaining ¼ tsp. salt. Transfer vegetables to glass container and put in oven to keep warm.
4. Wrap tortillas in aluminum foil and put them in the oven to warm.
5. Add 1 Tbsp. oil to same skillet and heat on high. Add chicken and cook 2-3 minutes per side, flipping once. Remove veggies and tortillas from oven. Transfer chicken to veggie plate. Serve with toppings on the side, so that each person can assemble their own fajita.

Crazy 'Coolslaw'



INGREDIENTS

4 cups shredded green cabbage
 1½ cups grapes, cut in half
 1 cup shredded carrots
 ½ cup drained, canned crushed pineapple
 3 Tbsp. light mayonnaise
 1 Tbsp. honey
 1 tsp. cider vinegar or lemon juice
 ⅛ tsp. cinnamon, optional

DIRECTIONS

1. Mix all ingredients in medium bowl until well combined.
2. Refrigerate for at least 15 minutes before serving.

NUTRITION FACTS

6 servings
 Calories: 76
 Fat: 2 g
 Sodium: 253 mg
 Total Carbohydrate: 19 g
 Dietary fiber: 3 g
 Protein: 1 g

