

Chicken Fajitas with Rice, Bell Pepper, and Red Onion

YIELD: 6 SERVINGS

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives and swap onion and garlic powder for garlic scape powder

INGREDIENTS

1 tsp corn starch
1 Tbsp chili powder
1 Tbsp salt, kosher
2 tsp smoked sweet paprika
2 tsp sugar
1 tsp onion powder
1 tsp garlic powder
½ tsp cayenne pepper
1 tsp cumin, ground
½ tsp coriander, ground
1½ lbs grilled chicken breasts, trimmed and cut into ¼ inch strips
1 red onion, julienned
1 red bell pepper, julienned
1 green bell pepper, julienned
2–3 Tbsp avocado oil
1 cup cilantro, chopped
2 cups white rice, cooked
12 small corn tortillas, heated on a flat top or sauté pan

DIRECTIONS

1. Whisk corn starch (1 tsp), chili powder (1 Tbsp), salt (1 Tbsp), paprika (2 tsp), sugar (2 tsp), onion powder (1 tsp), garlic powder (1 tsp), cayenne pepper (½ tsp), cumin (1 tsp), and coriander (½ tsp) together in a small bowl to create your fajita seasoning. Liberally sprinkle fajita seasoning on all sides of the chicken strips.
2. Toss the red onion with the red and green bell peppers and the remaining fajita seasoning in a large bowl.
3. Heat the avocado oil (2–3 Tbsp) in a large sauté pan over a high heat. Immediately add the peppers and onions. Sauté them for about five minutes while tossing frequently.
4. Add the chicken. Cook for three more minutes or until heated through while tossing frequently.
5. Add about two tablespoons water to the pan. Swirl it to deglaze any brown bits from the pan and create a light sauce.
6. Place the chicken, veggies, rice, and cilantro on the heated tortillas and serve.



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NUTRITION FACTS

Serving size 1 (10.5oz)

Amount Per Serving	298g
Calories	592
	% Daily Value
Total Fat 11.7g	18%
Saturated Fat 2.2g	11%
Cholesterol 118mg	39%
Sodium 1291mg	54%
Total Carbohydrate 80g	27%
Dietary Fiber 7g	27%
Sugars 4g	
Protein 43g	85%
Vitamin A	34%
Vitamin C	73%
Calcium	7%
Iron	17%