

Rush Hour Chicken Fajitas

This classic Mexican dish is quick, easy and delicious - perfect for those days when your commute home is longer than expected!

Ingredients

- 2 medium green or red bell peppers or a combination
- 2 medium onions
- 2 garlic cloves, peeled
- 1 1/2 lbs (700 g) boneless, skinless chicken breasts
- 2 tbsp (30mL) [Chipotle Rub](#)
- 12 (6-7"/15-18 cm) flour tortillas
- 1 1/2 cups (6 oz/175 g) shredded cheddar cheese
- 1/2 cup (125 mL) sour cream
- 1/2 cup (125 mL) prepared salsa



pampered|chef.

Directions

1. Cut the bell peppers lengthwise into 1/4" strips and thinly slice the onions lengthwise. Slice the garlic using the [Garlic Slicer](#). Place the vegetables in a [Deep Covered Baker](#). Combine the chicken and rub in a [Classic Batter Bowl](#) and turn the chicken to coat. Place the coated chicken over the vegetables.
2. Microwave, covered, on HIGH for 12-15 minutes or until the internal temperature reaches 165°F/74°C in the thickest part of the chicken and the juices run clear. Scoop the [Salad Chopper](#) under the chicken, avoiding the vegetables if possible, and cut the chicken into small pieces. Stir the chicken into the vegetables.
3. Place the tortillas into a [Large Micro-Cooker](#)® and microwave, covered, on HIGH for about 30 seconds or until warm. To serve the fajitas, spoon the chicken and vegetable mixture onto the centers of the tortillas. Serve immediately with cheese, sour cream, and salsa.

Yields 6 servings of 2 fajitas

U.S. Nutrients per serving:

Calories 490, Total Fat 18 g, Saturated Fat 9 g, Cholesterol 105 mg, Carbohydrate 39 g, Protein 38 g, Sodium 980 mg, Fiber 2 g

U.S. Diabetic exchanges per serving:

2 starch, 1 vegetable, 4 medium-fat meat (2 carb)

Cook's Tips:

If desired, 1 pkg (1-1.25 oz/30-35 g) of taco seasoning mix can be substituted for the [Chipotle Rub](#).

To cook on the stovetop, prepare the peppers, onions, and garlic as directed. Slice the chicken into 1/2" (1 cm) strips. Heat 1 tbsp (15 mL) vegetable oil in an [Executive Nonstick Skillet](#) for 1-3 minutes or until shimmering. Add the chicken and cook for 4-6 minutes or until the chicken is cooked through. Add 1/4 C (50 mL) water, vegetables, and rub. Cover and simmer for 3-4 minutes or until the vegetables are crisp-tender.