

# Chicken Fajitas

## Ingredients:

1 chicken breast  
1 Tbsp (15 mL) oil, divided  
1 ½ peppers (1 red, 1/2 green)  
1/2 small white or yellow onion  
1 Tbsp plus 1 tsp (20mL) spice mixture  
¼ to ½ cup water  
4-5 tortillas  
1/2 cup shredded mozzarella  
Sour cream (optional)

## Directions:

1. Slice chicken into thin, even strips.
2. Slice peppers and onion on a clean cutting board.
3. Heat a frying pan on medium high heat with 1/2 Tbsp oil. Sauté onion and peppers until crisp tender (about 3-4 minutes).
4. Remove peppers and onion from the pan and reheat the remaining oil to brown the chicken, about 6-7 minutes until fully cooked (no pink in the centre, 74°C internal temperature).  
\*\*Switch your wooden spoon to a clean one when the chicken is no longer pink on the outside.
5. Add the peppers and onion back into the pan with the cooked chicken.
6. Add spice mixture and water, stir well. Start with ¼ cup water and add more until desired consistency. Simmer until sauce is thickened.
7. Place filling on warm tortillas. Top with shredded cheese and sour cream.
8. Roll up as a wrap and enjoy!

## **Fajita Spice Mixture Recipe – for use at home!**

1 Tbsp (15 mL) cornstarch	1/2 tsp (2.5 mL) onion powder
2 tsp (10 mL) chili powder	1/2 tsp (2.5 mL) garlic powder
1 tsp (5 mL) salt	1/4 tsp (1 mL) cayenne
1 tsp (5 mL) paprika	1/2 tsp (2.5 mL) cumin
1/2 tsp (2.5 mL) sugar	

Mix all ingredients in a bowl. I find this is enough for 3 chicken breasts, 3 peppers (use 3 different colours!), and 1 onion.