



SHEET PAN FAJITAS

ingredients:

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| 1 pound boneless, skinless chicken breasts, cut into strips | 1 teaspoon onion powder |
| 1 red bell pepper, sliced into strips | 1 teaspoon garlic powder |
| 1 yellow bell pepper, sliced into strips | 1/4 teaspoon cayenne pepper |
| 1 green bell pepper, sliced into strips | 1 teaspoon cumin |
| 1/2 large yellow onion, sliced | 1/4 teaspoon salt |
| 1 Tablespoon chili powder | 2 Tablespoons canola oil |
| 1 1/2 teaspoons paprika | 1/4 cup cilantro, chopped |
| | Juice of 2 limes |
| | 6 whole-grain tortillas (8-inch) |
| | 6 Tablespoons light sour cream |

directions:

1. Preheat oven to 425° F.
2. Spread the chicken, peppers and onion pieces on a non-stick, rimmed baking pan.
3. In a small bowl, whisk together the chili powder, paprika, onion powder, garlic powder, cayenne pepper, cumin, salt and canola oil. Drizzle over the chicken and vegetables and brush until chicken and vegetables are well coated in seasoning.
4. Place the sheet in the preheated oven. Roast for 10 minutes.
5. Turn on the oven's broiler and broil the mixture, checking and stirring every minute for approximately 3 minutes. Remove from oven.
6. Sprinkle with chopped cilantro and lime juice.
7. Divide mixture into 6 whole-grain tortillas and top each with a tablespoon of light sour cream.

Yield: 6 servings

Nutrition Information Per Serving:

308 Calories
11 grams Fat
3.5 grams Saturated fat
49 mg Cholesterol
468 mg Sodium
31 grams Carbohydrates
5 grams Fiber
24 grams Protein

Food exchanges: 2 starch,
1 vegetable, 3 protein



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