



Chicken Fajitas

A simple recipe for delicious, fresh fajitas!

Prep time: 20 minutes

Cook time: 25 minutes

Yield: 50 servings

Ingredients:

- 1/4 c. vegetable oil
- 10 lbs. chicken, cut into strips
- 3 oz. minced garlic
- 1 qt. fresh lime juice
- 2 c. water
- 2 oz. low-sodium chicken base
- 3/4 oz. fresh cilantro, finely chopped
- 1 tbsp. black pepper
- 1 tsp. crushed red pepper
- 1 1/2 tbsp. salt
- 2 lbs. 6 oz. slice onions
- 12 oz. green bell peppers, cut into 1" long strips
- 8 oz. yellow bellow peppers, cut into 1" long strips
- 50 (10") or 100 (6") whole wheat corn tortillas

Directions:

1. Heat oil to 350°F in a tilting or large frying pan.
2. Add chicken garlic. Stir fry until chicken begins to brown.
3. Add liquid, herbs, and spices to chicken. Cook until liquid evaporates and chicken is done, above 165°F.
4. Add onions and peppers. Stir-fry until tender crisp.
5. Heat tortillas to soften. Keep covered. Do not allow to dry out.
6. Serve 4 oz. meat mixture on one 10" or two 6" tortillas.

Nutrition Information:



Great source of Vitamin C



Fulfills one serving of vegetables



Fulfills protein requirement



Fulfills whole grain requirement

Calories	Carbohydrates	Protein	Fat	Sodium	Fiber
135 kcal	28 g	3 g	4 g	329 mg	13 g

*Estimated nutritional value