Chicken Fajitas

This is a great week night recipe for when I don't have lots of time and did not get anything out, which happens a lot. This is one of my favorite dinner recipes, healthy and easy. This is not your typical fajitas recipe, this one has Portobello mushrooms and squash in it.

Prep Time: 10 min
Cook Time: 15 min
Ready In: 25 min

Serving Size: 6 servings

Ingredients

- ✓ ½ lb of cooked and stripped chicken breast
- ✓ 1 Portobello mushroom
- ✓ 1 zuchini squash
- ✓ 1 yellow squash
- ✓ 1 bell pepper (orange, red, or green)
- ✓ 4 oz of canned green chili (roasted fresh green chilies work well also)
- ✓ 2 gloves of garlic
- ✓ 2 tablespoons of butter
- ✓ 2 tablespoons of olive oil
- ✓ soft corn tortillas

Directions

1. Chop up all vegetables and set aside, including: yellow squash, zucchini squash, Portobello mushroom, and bell pepper.
2. Turn on stove to medium heat, add butter olive oil, and diced garlic cloves to a large skillet. Allow garlic cloves to soften, this should only that a few minutes.
3. Add all cut vegetables to skillet along with the chicken. Cover with lid and allow everything to sit for roughly 10 minutes, only lifting lid to stir occasionally. Cook until vegetables become soft absorbing the juices in the pan.
4. Server on a soft corn tortilla

Nutrition

Amount per serving

- ❖ Calories: 235
- ❖ Total Fat: 13 g
- ❖ Total Carbs: 18 g
- ❖ Protein: 16 g
- ❖ Sodium: 600 mg

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