

Title: Chicken Fajita Bake

| <u>Code</u> |
|-------------|
| GF |

| <u>Nutrition Facts:</u> | |
|-------------------------|-------|
| Yield | 3 |
| Calories | 262 |
| Total Fat | 24g |
| Sat Fat | 4g |
| Sodium | 617mg |
| Added Sugar | 0g |
| Fiber | 3g |
| Carbohydrates | 13g |
| Protein | 34g |

Ingredients Needed:

- 3 boneless chicken breasts, skinless
- 1-2 tsp taco seasoning
- 2 bell peppers, seeded and thinly sliced
- 1 red onion, peeled and thinly sliced
- 1 Tbsp olive oil
- ½ cup shredded cheddar or Mexican blend cheese (low fat)



Recipe Directions:

1. Trim the chicken breasts then lay them in a single layer in a 9x13" glass baking dish.
2. Sprinkle the taco seasoning over the top of the chicken breast to taste.
3. Lay peppers and onions on top of the chicken breasts, and drizzle the olive oil over the top. Sprinkle the cheese over the top of the dish.
4. Bake at 375 degrees for 35-45 minutes or until chicken is cooked though and the cheese is melted.

