

# Fajita Chicken Bake



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

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**Serves:** 4

**Prep:** 5 minutes | **Cook:** 35-40 minutes

## INGREDIENTS

- 1 1/2 pounds of Chicken Breast, boneless and skinless
- 1 medium Red Onion, sliced thinly
- 2 large Bell Peppers, seeded and sliced thinly
- 1/2 cup shredded low fat Cheddar Cheese, or Mexican blend
- 2 tablespoons low sodium Taco Seasoning or homemade Fajita Seasoning
- 1 tablespoon Olive Oil or Vegetable Oil of choice

## DIRECTIONS

1. Preheat the oven to 375°F.
2. Lay chicken breasts flat on the bottom of a 13x9 inch pan or casserole dish. Sprinkle taco seasoning over the top of the chicken.
3. Add onions and peppers and drizzle olive oil over the top.
4. Sprinkle with cheese and place in the oven. Cook for 35-40 minutes or until the juice of the chicken runs clear.
5. Serve over brown rice, quinoa, or fill a tortilla with this blend!



### Nutrition Information

*Serving Size: 1 ½ cups*

<b>Calories</b>	<b>370</b>
<b>Total fat</b>	<b>11 g</b>
Saturated Fat	3 g
Trans fat	
<b>Cholesterol</b>	<b>155 mg</b>
<b>Sodium</b>	<b>380 mg</b>
<b>Carbohydrates</b>	<b>9 g</b>
Fiber	2 g
Sugars	4 g
<b>Protein</b>	<b>57 g</b>

Recipe adapted from: SNAP4CT