

Oven Baked Fajita's



Ingredients

1 lb boneless, skinless chicken breast cut into strips	1 can diced tomatoes with green chilies (15 oz)
2 Tbsp olive oil	1 yellow onion, sliced
2 tsp chili powder	1 red bell pepper, cut into strips
1 1/2 tsp cumin	1 green bell pepper, cut into strips
1/2 tsp garlic powder	
1/2 tsp dried oregano	

Instructions

Instructions: Preheat oven to 400 degrees. Place chicken strips in 13 x 9 baking dish. In a small bowl combine the oil, chili powder, cumin, garlic powder, and dried oregano. Coat chicken with spice mixture. Add the tomatoes, onions and peppers to the dish and stir to combine. Bake uncovered for 20-30 minutes or until chicken is cooked through.

Nutrition Information Per Serving

Serves 4

Calories: 196

Fat: 8 gm

Sodium: 560 mg

Fiber: 3 gm

Carbohydrates: 12 gm

Protein: 17 gm