

CHICKEN FAJITAS

Ingredients:

1/4 cup lime juice

1 or 2 cloves garlic, minced

1 teaspoon chili powder

1/2 teaspoon ground cumin

3 pounds boneless, skinless chicken breasts, cut in 1/4-inch strips

1 large onion, sliced

Half a green sweet bell pepper, slivered

Half a red sweet bell pepper, slivered

12 whole-wheat 8-inch tortillas

1/2 cup salsa

1/2 cup fat-free sour cream

1/2 cup low-fat shredded cheese

Directions: Combine the first four ingredients in a large bowl. Add chicken slices and stir until chicken is well coated. Marinate for 15 minutes. Cook chicken in pan on grill or stovetop for 3 minutes, or until no longer pink. Stir in onions and peppers. Cook 3 to 5 minutes, or until done to your liking. Divide mixture evenly among tortillas. Top each with 2 teaspoons salsa, 2 teaspoons sour cream and 2 teaspoons shredded cheese. Roll up and serve.

12 servings @ 7 Points, 8 points plus

