

Recipe Name: Chicken Fajita

Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt ___ Vegetable/Fruit
 ___ Grain/Bread

<u>22</u> Servings	_ Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Chicken, raw, boneless skinless	Sliced thin	3 lb	
Sweet Red & Green Peppers, fresh, raw	Julienne sliced	1 lb	
Onion, fresh, raw	Wedges, sliced thin	1 lb	
Marinade ingredients:			
Fresh lime juice			1/3 cup
Olive or canola oil			1 Tbsp
Garlic cloves	Crushed		2
Cilantro leaves	Minced		1 Tbsp
Cumin			1/2 tsp
Salt to taste			
Chile powder, red pepper flakes, green onions-all are optional			
Tortilla			

Directions:

Mix marinade ingredients. Amounts can be adjusted to suit tastes.
 Slice chicken breast thinly. Pour marinade over chicken and let marinate for 30 minutes.
 Heat a large skillet over medium-medium high heat until hot.
 Add a small amount of oil or non stick spray, let heat.
 Remove chicken from marinade, drain slightly. Discard marinade.
 Quick cook chicken until cooked through. May need to cook the chicken in batches.
 Remove chicken from pan, set aside.
 Stir fry peppers and onions until crisp tender. Add chicken to pan, mix all together.
 Serve.

Alternately: Peppers and onions can be stir fried first. Remove from pan and then cook the chicken.
 Add peppers and onions prior to service.