

Chicken Fajitas

Makes 2 servings
(1 serving = 1 meat, 1 vegetable)

Ingredients

- 1 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 200 grams boneless chicken breast cut into 1/2-inch strips
- 1 green bell pepper - cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice



Directions

1. In a zip plastic bag, combine the chile powder with the sea salt, cumin, onion powder, garlic powder, water. Add the chicken, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Heat a large nonstick skillet. Empty the contents of the bag into the skillet and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat.