

**Family Favorite! Fajita Chicken Ole & Black Beans** ~ choose one side item to complete your meal

**Fajita Chicken Ole**

4 servings

- 1 tsp Vegetable oil
- 1 lb Chicken breast, boneless and skinless, cut into ½ x 3 inch strips
- ½ medium Red Bell pepper, cut into thin strips
- ½ medium Yellow Bell pepper, cut into thin strips
- 1 medium Sweet onion, cut into thin strips
- ½ cup Salsa
- 1 medium Avocado, peeled and diced
- ¼ cup Cilantro, minced
- 4 Whole wheat flour tortillas, 8 inch



Pour oil into a large, nonstick skillet. Heat to medium high. Add chicken, peppers and onion to skillet. Stir fry 3-4 min, until chicken is cooked through. Keep warm. Warm up tortillas between waxed paper in the microwave oven 1-2 min. Lay out one tortilla on a plate. Place fajita mixture with chicken on half of tortilla. Add salsa, avocado, and cilantro on top of chicken. Fold tortilla in half and serve.

**Boneless, skinless chicken breast on sale**  
**Fresh red and yellow Bell peppers on sale**  
**Salsa on sale**

**Fresh avocados on sale**  
**Canned black beans on sale**

**Chicken Recipe Nutrition per serving**

400 calories; 31 gm protein; 38 gm carbohydrate; 13 gm total fat; 2 gm saturated fat; 0 trans fat; 63 mg cholesterol; 5 gm fiber; 448 mg sodium

**To Make Black Beans:** Heat undrained, canned black beans in a small saucepan on the stove or in the microwave. Serve by draining liquid from beans. Top with chopped, raw onion if desired.

**Side Items:**

**1. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

**To Make:** Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

**2. Lemony Cauliflower or Broccoli** – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

**To Make:** Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon’s outer skin) over the top. Dust with salt and pepper to taste.

**3. Grilled Sweet Potato Chunks** – Affordable, staple ingredient: Fresh sweet potatoes.

**To Make:** Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

*Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.*