# SKILLET CHICKEN FAJITAS

## Ingredients:

- 1/3 cup orange juice
- 1 1/2 limes, juiced
- 1/3 cup pineapple juice
- 3T olive oil
- 1tsp garlic powder
- 2 1/2 tsp cumin
- 2tsp chili powder
- 1tsp smoked paprika
- 1/4tsp ground coriander
- 2tsp kosher salt
- 1/2tsp fresh ground black pepper
- 1/3 cup cilantro, chopped
- 4 organic chicken breasts, sliced
- Peppers & Onions
- 1 red, green and orange bell peppers, cored, seeded and sliced
- 1tsp of your favorite taco seasoning
- 1 onion, sliced
- 1T organic butter
- 1tsp olive oil, plus more if needed




## Directions:

Marinade

1. In a plastic storage bag or baking dish, whisk together all of the marinade, adding the cilantro at the end.
2. Set aside 1/4 cup of the marinade.
3. Add the chicken to the ziploc of marinade, seal and refrigerate for 30-90 minutes
4. Meanwhile, prepare the peppers and onions.
5. Once the peppers and onions are cooked, remove to a plate.
6. Drain the juices off and heat the skillet to medium high heat with a drizzle of oil. Add the chicken and cook, turning occasionally until cooked.
7. Add the reserved marinade and peppers and onions and cook until everything is hot again. Serve with tortillas and toppings

Peppers & Onions

1. In a cast iron skillet over medium heat add the butter and oil.
2. Add the peppers and onions and the seasoning.
3. Once the veggies begin cooking, turn the heat to medium low and while stirring occasionally, allow to cook for about 20 minutes or until golden and tender.
4. Remove to a plate.

NUTRITION PER SERVING:

Makes 6 servings (Per serving): Calories 223, Fat 7g, Sat Fat 2g, Chol 101mg, Sodium 992, Carbs 6g, Fiber 1g, Protein 33g

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