

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Amazing Chili's Fajitas

From www.sisterscafe.blogspot.com

Marinade:

¼ cup fresh lime juice
1/3 cup water
2 T. canola oil
1 large clove garlic, pressed
3 t. vinegar
2t. soy sauce
½ t. liquid smoke
1 t. salt
½ t. chili powder
½ t. cayenne pepper (or to taste)
¼ t. ground black pepper
Dash of onion powder
1 pound top sirloin or chicken

Mix all ingredients. Place with chicken in a Ziploc bag and marinate overnight.

Fajitas:

1 T. olive oil
1 yellow onion, thinly sliced
1 green pepper, thinly sliced
1 red or orange pepper, thinly sliced
8 oz. sliced mushrooms
1 t. soy sauce
2 T. water
½ t. fresh lime juice
Dash of salt and pepper
Flour tortillas (Look for Rudi's organic spelt tortillas in the freezer section of the natural food aisle at Dierberg's).

1. Remove chicken from marinade and grill.
2. In a large skillet, heat 1 T. olive oil over medium heat. Add onion, peppers, and mushrooms and cook until tender but crisp. Add soy sauce, water, fresh lime juice, and salt and pepper. Cook for another 2-3 minutes, stirring frequently.
3. Thinly slice chicken and toss with vegetables. Serve immediately with four tortillas.
4. Top with tomatoes, avocado, cheese, sour cream, salsa, lettuce, or anything else to taste.