

# Healthy Recipe of the Week



Use organic ingredients whenever possible.

## Chicken Fajitas

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Serves 4

1 ½ pounds chicken cutlets (about 8)

2 tablespoons vegetable oil, such as canola

1 teaspoon chili powder

coarse salt and ground pepper

3 bell peppers (ribs and seeds removed), thinly sliced

1 medium red onion, halved and thinly sliced

4 garlic cloves, thinly sliced

8 flour tortillas (6-inch) (Look for Rudi's Organic Spelt Flour Tortillas in the freezer section of the Health Food Aisle at Dierberg's.)

fresh cilantro leaves, for serving

sour cream, for serving

lime wedges, for serving

guacamole, for serving (Fresh guacamole is great with these fajitas. Look for an awesome recipe for guacamole in an up-coming recipe of the week.)

1. Heat broiler, with rack set 4 inches from heat. Arrange chicken on a rimmed baking sheet lined with aluminum foil; rub with 1 tablespoon oil. Sprinkle with chili powder, and season with salt and pepper. Broil, without turning, until chicken is opaque throughout, 5-7 minutes. Remove from oven; set aside.
2. On another rimmed baking sheet lined with foil, toss peppers, onion, garlic, and remaining tablespoon oil; season with salt and pepper. Broil, tossing occasionally, until vegetables are crisp-tender and slightly charred, 6-8 minutes.
3. Meanwhile, thinly slice chicken crosswise. Stack and wrap tortillas in foil; place in oven until warm, about 5 minutes. Transfer chicken and pepper mixture to a platter and serve with tortillas, cilantro, sour cream, lime wedges and guacamole.