Healthy Recipe of the Week
Use Organic ingredients whenever possible.

Hawaiian Chicken Fajitas

Adapted from www.howsweeteats.com

1 1/2 pounds boneless, skinless chicken breast cut into 1-inch pieces
1 red bell pepper, sliced
1 orange bell pepper, sliced
1 sweet onion, sliced
1/2 pineapple, peeled and sliced into spears (roughly the size of the peppers)
1/2 papaya, peeled and sliced into spears (^same)
1/3 cup extra virgin olive oil
1/3 cup pineapple juice
1/3 cup fresh lime juice
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon cumin
1/2 tablespoon chili powder
2 teaspoons smoked paprika
1 teaspoon chipotle chili powder
1 teaspoon salt
1 teaspoon black pepper
4 garlic cloves, minced
queso fresco cheese
fresh cilantro
fresh salsa
sliced avocado
corn tortillas

1. Place the chicken in a baking dish or resealable bag. Place the peppers, onions, pineapple and papaya in another dish or bag.

2. In a large bowl, whisk together the pineapple juice, oil, lime juice, sugar, Worcestershire sauce, lime juice, cumin, both chili powders, smoked paprika, salt, pepper and garlic cloves. Pour half of the mixture over the chicken and the other half over the peppers/onions, tossing well to coat. Cover both dishes and refrigerate for at least 30 minutes - or even few hours or overnight. Toss the chicken and peppers every so often to coat in the marinade if you can. If not, no biggie!

3. Heat a skillet over medium high heat. Add a little olive oil and 1/2 or 1/3 of the batch of peppers and fruit to the skillet (I do it in 2-3 batches) and cook until softened and ever charred and caramely. Remove and place them on a plate (I cover with foil to keep it warm as I go!) and repeat.

4. Once you are done with the veg/fruit, add a little more olive oil to the skillet and cook the chicken.

5. Serve on charred tortillas with queso fresco cheese, and lots of cilantro (if desired). I don't need a salsa with this, but if you do, go for it! Also, try adding avocado or guacamole on top.