

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sizzling Chicken Fajitas

From: www.smittenkitchen.com

Serves 4 to 5

For the chicken

1 1/2 pounds boneless, skinless chicken thighs or breasts (though, frankly, a little more or less will be fine here) and thin strips of skirt steak would also be very good.

2 tablespoons lime juice (half a juicy lime)

1 1/2 teaspoons kosher salt

1 1/2 teaspoons dried oregano

2 teaspoons ground cumin

1 garlic clove, minced or pressed

1 teaspoon chili powder

1/2 teaspoon smoked paprika

Few dashes hot sauce, optional

To assemble

8 (6-inch) flour or corn tortillas

Olive oil

2 large bell peppers, cut into thin strips (I use a mix of green, red and other colors, if I can find them)

1 large yellow or sweet onion, halved and sliced thin

Coarse salt

Fixings (pick your favorites)

Salsa or pico de gallo

Sliced avocado or guacamole

Shredded cheese or sour cream

Minced white onion or pickled red onions

Chopped cilantro, pickled jalapenos, hot sauce and lime wedges

Prepare chicken: Slice chicken thighs or breasts into thin strips (1/4- to 1/2-inch wide). Place in bowl or freezer bag. Add lime juice and spices and mix together. Let marinate for 30 minutes or up to 2 days in the fridge.

20 to 25 minutes before you're ready to eat: Heat oven to 250 and wrap tortillas in foil. Set on rack to warm. Set out fixings of your choice.

Cook peppers, onions and chicken: Heat your largest skillet (I use a 12-inch cast iron) on the highest heat. When very hot, drizzle in some olive oil to lightly coat the bottom of the pan. When this is nearly smoking hot, add the peppers in a single layer. Wait. (This will be a theme.) Try to get them a little charred underneath before you move them around. Once they've begun to brown, add the onions, plus some salt. Wait again for some color to develop before you move them. When peppers are nicely charred in spots and onions have softened and sweetened, scrape mixture onto a plate or bowl to clear the skillet. Heat skillet again on a very high heat with a thin slick of olive oil. Spread chicken strips in as much of a single layer as you can. Wait until they brown underneath to move them. Sauté strips, regularly pausing so that they can get some color, until cooked through, about 4 to 5 minutes. Return peppers and onions to skillet. Heat again until everything is sizzling and bring to the table. Eat immediately, spooned onto warm tortillas and piled with fixings of your choice.