

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Skillet Chicken Fajitas

From Cook's Country November 2013

This is a simple one-skillet dish that can quickly be prepared on a busy weeknight.

Serves 4

1 tsp chili powder

½ tsp ground cumin

Salt and pepper

2 (6- to 8- ounce) boneless, skinless chicken breasts, trimmed and sliced thin crosswise

¼ cup light olive oil or coconut oil

1 red bell pepper, stemmed, seeded, and sliced thin

1 onion, halved and sliced thin

2 Tbsp chopped fresh cilantro

4 tsp lime juice

8 spelt flour, or sprouted grain tortillas

Toppings (optional): salsa, shredded organic raw cheese, lime wedges sour cream

1. Combine chili powder, cumin, ½ tsp salt, and ¼ tsp pepper in a bowl. Pat chicken dry with paper towels and season with spice mixture. Heat 2 Tbsp oil in 12-inch skillet (I prefer cast iron) over medium-high heat until just smoking. Add chicken and cook until well browned all over and cooked through, 6 to 8 minutes. Transfer to platter and tent loosely with aluminum foil.
2. Return now-empty skillet to medium-high heat and add remaining 2 Tbsp oil, bell pepper, onion, and ¼ tsp salt. Cover and cook, stirring occasionally, until vegetables are soft and beginning to brown, 6 to 8 minutes. Remove from heat and stir in cilantro and lime juice. Transfer to platter with chicken. Serve with tortillas and toppings.