

Pep Up Your Salad!



Chicken Fajita Salad

Serves: 4 | Serving Size: 2 cups

Ingredients:

1 teaspoon canola oil
1/2 cup sliced onion
1 sliced mild chili pepper
1 cup sliced bell pepper
8 ounces raw chicken tenders, cut into thick strips
1 teaspoon granulated garlic
1 teaspoon chili powder
1 teaspoon dried oregano leaves

6 cups ready-to-serve romaine lettuce, chopped
1 cup sliced fresh tomatoes
1/4 cup green onions, sliced
1 cup sliced cucumbers
1 tablespoon oil
3 tablespoons flavored vinegar

Directions:

Heat a large non-stick skillet over medium-high heat. Sauté the onions and peppers in the oil until golden, about 3 minutes.

Add the chicken and the spices, sautéing until the chicken is fully cooked.

Arrange the lettuce, tomatoes, green onions, and cucumbers on a platter and place the contents of your skillet on top. Serve immediately, with oil and vinegar on the side.

Nutrition Information:

Serves 4. Each serving contains 303 calories, 21 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 302 mg sodium, 19 g carbohydrate, 4 g dietary fiber, 5 g sugar, and 11 g protein.

Each serving has 138% DV vitamin A, 76% DV vitamin C, 5% DV calcium, and 11% DV iron.

Chef's Tips:

Serve this salad family-style for a healthful meal or side.

Baked blue corn chips, avocado, and cooked brown rice all make wonderful accompaniments to this dish.

Feel free to mix up the types of vegetables in the salad.

BROUGHT TO YOU BY: