Quick Chicken Fajitas, Beans and Spanish Rice

Simple Cooking with Heart brings you this healthy version of a Tex Mex favorite -- fajitas! These Quick Chicken Fajitas are served with Black Beans and Spanish Rice.

Ingredients

Beans and Rice

16 oz. canned, fat-free, no-salt-added black beans (drained, rinsed)

1 cup brown rice (cooked to package instructions)

Quick Chicken Fajitas

non-stick Cooking spray

1 lb. boneless, skinless chicken breasts or tenderloins (cut into 1-inch strips)

1 Tbsp. low-sodium soy sauce

1 medium bell pepper (sliced)

1 medium onion (sliced)

1/2 tsp. black pepper

1/2 tsp. cumin

taco-sized **tortillas**, or **corn tortillas** (Choose tortillas with the lowest amount of saturated fat, trans fat and sodium.)

1 avocado (sliced)

1/2 cup jarred salsa (lowest sodium available)

1/2 cup fat-free sour cream

Directions

Beans and Rice

Spray a small pot with cooking spray, heat beans over low-heat until warmed, stirring occasionally (approx. 10 minutes).

Combine cooked rice with 2 tablespoons salsa and stir.

Quick Chicken Fajitas

Spray a large skillet with cooking spray. Heat to medium-high and add chicken, cook for 3 minutes until browned.

Reduce heat to medium and add soy sauce, bell pepper, onions, pepper and cumin. Cover and cook for 8-10 minutes, stirring occasionally.

Spoon evenly over tortillas and top with sliced avocado, salsa and/or sour cream (optional).

Calories	Protein	Fiber	Cost Per Serving
439 Per Serving	36g Per Serving	10g Per Serving	$3.48

Nutrition Facts

Calories	439
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.5 g
Cholesterol	73 mg
Sodium	287 mg
Total Carbohydrate	62 g
Dietary Fiber	10 g
Sugars	g
Added Sugars	0 g
Protein	36 g