

Chicken Fajita Salad

Fajitas:

2 whole chicken breasts, raw, sliced in thin strips
2 teaspoons garlic powder
1 teaspoon chili powder
1 teaspoon cumin
1/4 to 1/2 teaspoon red chili flakes
Salt to taste
2 tablespoons olive or canola oil
1/2 large onion, sliced
1/2 red bell pepper, sliced
1/2 green bell pepper, sliced
1 can low sodium black beans, drained

Salad:

3 cups chopped romaine lettuce
1 cup baby spinach
1/2 bunch cilantro, chopped

Toppings:

Shredded low fat, part skim mozzarella cheese
Low-fat or non-fat sour cream
1 container fresh salsa
1 whole tomato, diced
1 avocado, diced and sprinkled with lime juice

For salad, combine all salad ingredients in a large serving bowl and toss lightly. Refrigerate until ready to serve.

For the fajitas, sprinkle the chicken breasts with the spices, red chili flakes and salt to taste and mix to coat. In a large skillet, heat oil over medium high heat and cook chicken until completely cooked through. Remove chicken, set aside and drain 1/2 the moisture from the skillet. Add onion, bellpeppers and sautee for 3-5 minutes on medium heat. Add chicken and beans, cook for 2-3 minutes more, to heat through, then remove.

Build your salad: add greens/salad to plate or bowl. Add fajita mixture, and your choice of toppings.

(Recipe by Louise Hughes)