

Chicken or Pork Fajitas

1½ pound boneless skinless

Chicken or Pork

½ cup low-fat Italian dressing

2 teaspoons oil

1-2 medium onions, thinly sliced

1-2 green or red peppers, thinly sliced

1 teaspoon garlic powder

Salt and pepper to taste

8-10 flour tortillas

Salsa

Low-fat refried beans

Light sour cream

1. Cut chicken into 2" long, thin strips or small cubes.
2. Pour dressing over chicken in bowl.
3. Mix. Cover and refrigerate at least ½ hour. Drain chicken.
4. In frypan with oil, stir fry chicken until chicken is partially cooked and turns a whitish color. Add onions, peppers and seasonings.
5. Stir fry until onions and peppers are crisp-tender.
6. Serve in warmed flour tortilla.
7. May serve with salsa, warmed refried beans and light sour cream, if desired. Roll and eat.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.