

Chicken Fajita Salad with Creamy Lime Dressing

Lunch, Diabetic Friendly, Mexican

Who needs a tortilla when you can have all the delicious ingredients in a fajita served atop a crunchy bed of lettuce? The perfect recipe for those looking to minimize carbs and maximize flavor!

Makes 4 servings

Price per serving: \$2.06

Prep Time: 15 minutes | Cook Time: 15 minutes

- 1 tbsp olive oil
- 1 lb boneless skinless chicken breast, sliced into thin strips
- 1 onion, thinly sliced
- 2 bell peppers (green, red, yellow, orange), thinly sliced
- 1 tsp minced garlic
- 1 tsp cumin powder
- 2 tsp chile powder
- 1 tsp salt
- 1 tsp pepper

Dressing:

- 1 6 oz container plain 0% Greek yogurt
- 1 lime, juiced
- ½ tsp cumin
- 1 tsp hot sauce

1 head romaine lettuce or loose spinach

Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add onion and cook for 3-4 minutes until beginning to soften and brown. Add sliced bell pepper and cook for another 3-4 minutes. Add garlic, cumin, chile powder, salt, and ½ tsp black pepper, and cook for another 1 minute. Add sliced chicken pieces to pan and cook for 5 minutes, stirring every 1-2 minutes, until completely cooked (no pink in the center of the pieces). Remove from heat and set aside while preparing the rest of the salad.

To make dressing: Combine yogurt, lime juice, cumin, and hot sauce.

To serve: These are best made individually, so the hot chicken and vegetables do not wilt a large amount of salad. Place 2 cups of romaine lettuce and/or spinach at the bottom of a bowl. Place 1 cup of chicken and vegetable mixture atop lettuce. Top with 2 tbsp of dressing,

Optional toppings: Chopped tomatoes, salsa, shredded cheese, diced avocado

Make it vegetarian! Eliminate the chicken and use 2 cans of black beans instead



Nutrition Facts	
Serving Size 420 g	
Amount Per Serving	
Calories 337	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 3g	13%
Trans Fat 0g	
Cholesterol 98mg	33%
Sodium 754mg	31%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	23%
Sugars 9g	
Protein 40g	
Vitamin A 319%	Vitamin C 202%
Calcium 17%	Iron 21%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	