

Fajitas

Ingredients

1 pound boneless, skinless chicken or turkey
breasts, trimmed of fat and cut into
thin strips

¼ large red onion, coarsely chopped

½ cup salsa

¼ cup chopped fresh cilantro leaves

¼ cup lime juice

¼ cup orange juice

¼-½ teaspoon crushed red pepper flakes

1 tablespoon vegetable or olive oil

2 red onions, thinly sliced

2 red or yellow bell peppers, cored,
seeded and thinly sliced

8-12 tortillas



Directions

Put the chicken strips in a bowl and add the onion, salsa, cilantro, lime juice, orange juice, and red pepper flakes. Cover and refrigerate at least 1 hour and no more than 4 hours. Drain well, discarding all but the chicken. Alternatively, rotisserie chicken can be used; it requires only the marinating step and not the cooking.

Turn the oven on and set it 250°F.

Put the skillet on the stove and turn the heat to medium. When it is hot, add 1½ teaspoon oil. Add the onions and peppers and cook until they begin to soften and brown,

10-15 minutes. Move the vegetables to an oven-safe plate or dish and place in oven to keep warm.

Using the same skillet you cooked the vegetables in, put it on the stove and turn the heat to high. Add the remaining 1½ teaspoon oil. Add the chicken strips and cook until they have browned, 2 to 3 minutes on each side, turning once.

Carefully take the plate with the peppers out of the oven. Move the peppers to one side and add the chicken tenders.

Serve, buffet style, with sour cream, avocado, and salsa on separate plates or bowls.