

BAKED CHICKEN **FAJITAS**

easy | **RECIPE**

From Personal Best®

4 skinless, boneless **chicken breasts**
(about 16 oz.)

1 tsp each **chili powder, oregano**
and **cumin**

¼ tsp **salt**

2 **sweet peppers**, thinly sliced

1 **red onion**, peeled and thinly sliced

½ cup shredded **cheddar cheese**

Lay chicken breasts in a single layer in an 8" x 8" baking dish. **Sprinkle** with chili powder, oregano, cumin and salt. **Lay** peppers and onions on top of chicken, then cover with cheese. **Bake** at 375°F for 35-40 minutes or until chicken is cooked through. **Cut** and serve. **Optional:** Wrap in tortillas.



Makes 4 servings. Per serving:

234 calories | 30g protein | 9g total fat | 4g saturated fat | 4g mono fat
1g poly fat | 9g carbohydrate | 3g sugar | 2g fiber | 276mg sodium