

Chicken Fajitas with Cilantro Lime Sauce



carlsbadcravings.com

Ingredients

Sauce

1/2 cup light sour cream
1 tbs. fresh lime juice
1 tbs. cilantro, minced
Salt to taste

1 red bell pepper, thin sliced
1 jalapeño, finely chopped
1/2 tsp. chili powder
1/2 tsp. garlic powder
1/4 tsp. cayenne

Fajita Filling

1 pound chicken breast
1/4 tsp. kosher salt
1 tbs. vegetable oil
1 medium red onion, thin sliced

To Serve

1 cup canned black beans, rinsed and drained
4 each 8" flour tortillas

Prep Time 25 minutes

Servings 4 servings

Difficulty



Nutrition

Per 1 fajita with sauce & beans

450 calories

50g carbohydrates

30g protein

11g fat

7g fiber

Sodium will vary

Dietary

Source

**USA Para
Snowboarders**

Directions

In a small bowl, mix together the sour cream, lime juice, cilantro and salt. Adjust seasonings to taste.

Cut chicken breast into 1/4" slices against the grain of the meat. Season with the salt. Heat sauté pan on medium-high heat. When hot add oil and swirl to coat. Add chicken in even layer. Sear well on both sides of slices and cook to an internal temperature of 165°F. Transfer chicken to a plate.

With the pan still on the heat, add the onion and peppers. Sauté until almost tender. Season with the chili, cayenne and garlic powders. Adjust seasoning as desired. Add chicken back to pan and mix together well.

To serve, heat tortillas in a clean pan over medium heat, or microwave briefly. Divide the chicken mixture evenly on the tortillas. Top with cilantro lime sauce and black beans, or serve on the side.

Can serve with lettuce, cheese, tomato, and avocado or guacamole.

Notes

This fresh and delicious recipe was proudly developed by Team USA Paralympic Snowboard athletes in the Colorado Springs Olympic Training Center Teaching Kitchen. These fajitas are quick, easy and full of great nutrition to help athletes recover from training and prepare for the next session or competition!