

PICKLES & PEPPERS

Chicken &  
Pickled Pepper  
Fajitas



BAY VALLEY  
F O O D S

# Chicken & Pickled Pepper Fajitas

*Appetizer: 4 Servings*

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Granulated garlic	1/8 tsp.	Combine garlic, cumin, coriander, cayenne, pepper, and salt; rub into chicken and refrigerate for one hour.	400 calories
Ground cumin	1/4 tsp.		29 g protein
Ground coriander	1/8 tsp.	Remove chicken from refrigerator. In large skillet, heat 1 Tbsp. olive oil and brown chicken until cooked through. Remove chicken from skillet and toss with lime juice, scallion, and cilantro. Add remaining oil to skillet and cook onion until lightly browned. Add peppers; heat through. Remove and toss with chicken.	40 g carbohydrate
Cayenne pepper	1/8 tsp.		3 g fiber
Black pepper	1/8 tsp.		13 g fat
Salt	1/8 tsp.		2.5 g saturated fat
Skinless, boneless chicken breast, cut into 1/2" strips	1 lb.		0 g trans fat
Olive oil, divided	1 1/2 Tbsp.	Heat tortillas until softened, and serve tortillas and salsa on side.	63 mg cholesterol
Lime juice	1 tsp.		963 mg sodium
Scallions (green onions), finely chopped	2 Tbsp. (about 1/2 oz.)		
Fresh cilantro, finely chopped	1 Tbsp.		
Yellow onion, sliced	8 oz.		
<b>Bay Valley Foods® Jalapeños</b> , stemmed and sliced	1/2 cup (3.5 oz.)		
Flour tortillas	8 6-inch		
Salsa			



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