



# Catholic Health Initiatives

*Imagine better health.®*

## Cookie-Sheet Fajitas

Serves 4

Prep/cooking time: 35 minutes

### Ingredients:

- 1½ tsp. chili powder
- 1 tsp. cumin
- ½ tsp. black pepper
- ½ tsp. salt
- 4 chicken breasts, cut into strips
- 2 bell peppers, cut into strips
- 1 onion, sliced
- 1 tsp. salt
- 2 tbsp. extra virgin olive oil
- Fresh cilantro
- Fresh lime juice



## Festive Dinner

### Directions:

Preheat oven to 425 degrees. Coat cookie sheet with non-stick cooking spray. Mix chili powder, cumin, pepper and salt together in small bowl. In large bowl, combine chicken strips seasonings, onions, peppers and olive oil, until fully mixed. Spread out chicken, peppers and onions on cookie sheet. Bake for 18-20 minutes, or until chicken is cooked. Sprinkle with cilantro and squeeze lime juice on top.

Harvest of the Month  
*onions*