

GRILLED LIME CHICKEN FAJITAS



Makes: 10 servings
Serving Size: 1 fajita

Nutrition Information:

Calories: 160, Total Fat: 4g, Saturated Fat: 1.5g, Trans Fat: 0g, Cholesterol: 35mg, Sodium: 370mg, Total Carbohydrates: 22g, Dietary Fiber: 10g, Total Sugars: 5g, Protein: 18g, Potassium: 300mg, Phosphorus: 200mg

Choices/Exchanges:

1 Starch, 1 Non-starchy vegetable, 1 Lean protein

INGREDIENTS

- 1 large lime, zested and juiced
- 1 tablespoon honey – or 2 packets artificial sweetener
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1¼ pounds chicken tenderloins
- 1 large onion, sliced into strips
- 2 green bell peppers, seeded and sliced into strips
- 10 6-inch corn tortillas (or low-carb tortillas)
- 10 tablespoons salsa

PREPARATION

1. In a medium bowl, mix together the lime juice and zest, honey, cilantro, cumin, chili powder, garlic powder, and pepper.
2. Add the chicken breast tenderloins and marinate in the refrigerator for 20-60 minutes.
3. Preheat a grill to medium heat. Place the onions and green peppers in a grill basket. Grill the vegetables in the basket, stirring occasionally, about 15-20 minutes until slightly charred.
4. Add the chicken directly to the grill and cook 10-12 minutes, until done, turning once.
5. Divide the chicken, green peppers and onions evenly among 10 tortillas. Top each fajita with 1 tablespoon salsa.