



Chicken Fajita Salad



Entire recipe: 298 calories, 9g total fat (3.5g sat fat), 558mg sodium, 20.5g carbs, 5g fiber, 9g sugars, 33.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

3 cups chopped lettuce
1/2 cup sliced bell pepper
1/2 cup sliced onion
4 oz. raw boneless skinless chicken breast, thinly sliced
2 tsp. fajita seasoning
2 tsp. chopped garlic
1 tsp. lime juice
2 tbsp. shredded reduced-fat Mexican-blend cheese
2 tbsp. light sour cream
1 tbsp. chopped fresh cilantro
Optional topping: salsa

Directions

Place lettuce in a large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add pepper and onion. Cook and stir until slightly softened and lightly browned, about 5 minutes.

Add chicken, fajita seasoning, garlic, and lime juice to the skillet. Cook and stir until veggies have softened and chicken is fully cooked, about 4 minutes.

Spoon chicken mixture over the lettuce, and top with cheese, sour cream, and cilantro.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.