



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

[Click for WW Points® value*](#)

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



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

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

HG FYI: Not all fajita seasonings are gluten free, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.