



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

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



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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.

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