

One Pan Chicken Fajita Bowls

4 SERVINGS 40 MINUTES



INGREDIENTS

1 lb Chicken Breast
2 Red Bell Pepper (sliced)
1 Orange Bell Pepper (sliced)
1 Green Bell Pepper (sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Cumin
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	236	Iron	2mg
Fat	10g	Vitamin D	1IU
Carbs	9g	Folate	53µg
Fiber	2g	Magnesium	53mg
Protein	27g	Zinc	1mg
Vitamin C	185mg		

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, salt and pepper.
- 03 Bake for 30 minutes, or until chicken is cooked through.
- 04 Divide between bowls or containers. Enjoy!

NOTES

RECIPE ID 612

MORE CALORIES

Serve with avocado or cheese.