

# Chicken-less Fajitas

**Serving Size:** 1 fajita (1 tortilla + 4 - 5oz chicken-veggies mix); makes 4 servings

**Prep time:** 30 minutes

**Cook time:** 25 minutes

**Total time:** 55 minutes

## Ingredients

- 10 oz bag of Veggie Chick’N Strips (such as Gardein brand)
- Chipotle marinade (see recipe to follow)
- 2-3 Bell peppers, any color
- 1 medium Yellow onion
- Oil or oil spray to cook
- Fresh jalapeño
- Fresh cilantro
- 4, 6” corn tortillas
- Pico de Gallo salsa (see recipe to follow)



## Preparation

1. Prepare marinade and combine with strips until evenly coated. Marinade strips in refrigerator for 20 to 30 minutes. Meanwhile, prepare salsa and the vegetable fajitas.
2. Preheat oven to 350°F. Spray sheet pan with oil and place peppers and onions and back for 10 minutes. Flip peppers and onions and continue baking for an additional 10 minutes. Set aside.
3. Preheat sauté pan or griddle to 400°F. Add oil strips and cook for 4 to 5 minutes or until browned on all sides. Let rest for 15 minutes.
4. Warm tortillas. Scoop 2oz chicken-less strips and 2-3 oz. pepper-onion mix on a tortilla.
5. Top with Pico de Gallo, cilantro, and jalapeños. Add lemon and enjoy!

## Nutritional Information

### Per serving

Calories: 259

Total Fat: 13 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Total Carbohydrate: 23 g

Dietary Fiber: 9 g

Sugar: 6 g

Protein: 14 g

Sodium: 261 mg

Potassium: 436 mg

*Adjusted from: Sodexo Recipes*

## Chipotle Marinade

**Serving Size:** 2 oz; makes 8 servings

**Prep time:** 5 minutes

**Total time:** 5 minutes

### Ingredients

- ½ cup Olive oil
- ¼ cup Canned chipotle peppers in adobo
- ¼ cup Sherry wine vinegar
- Lime juice
- Cilantro
- Salt and pepper to taste

### Preparation

1. Combine all ingredients, mix well until well blended.
2. Hold in refrigerator.

## Pico De Gallo Salsa

**Serving Size:** 8 oz; makes 5 servings

**Prep time:** 10 minutes

**Total time:** 10 minutes

### Ingredients

- 1-2 tbsp. Fresh lime juice
- 1-2 medium tomatoes
- 1 medium Onion
- ½ cup Fresh cilantro
- Fresh Jalapeno peppers
- Kosher salt to taste

### Preparation

1. Combine all ingredients, mix well until well blended.
2. Hold in refrigerator.
3. Remove cilantro leaves and chop. Seed tomatoes and chop into ¼ inch pieces. Chop onions and jalapenos.
4. In a bowl, combine tomatoes, onion, cilantro and jalapeno. Toss to combine. Add salt and lime juice then stir in oil.
5. Let sit for a few minutes. Add additional lime juice or salt if needed. Hold refrigerator, serve cold.

*Adjusted from: Sodexo Recipes*