

Oven Chicken Fajitas

Makes 4 servings

1 chicken breast, boneless, skinless, cut into bight-sized strips
1 medium onion, sliced into 1/4" strips
1 large bell pepper, sliced into 1/2" strips
1 medium zucchini, 1/3" dice
1.5 T canola oil
3 T McCormick 30% less sodium Taco seasoning
4- 8" flour tortillas
1 lime cut into 8 wedges



Optional:
1/4 cup plain Greek yogurt
3 T chopped cilantro

Preheat oven to 400°F. Combine chicken, onion, bell pepper, zucchini, canola oil, and taco seasoning in a large bowl. When chicken and vegetables are thoroughly covered with spice blend, pour into a non-stick sprayed 9"X13" baking dish and bake for 35 minutes. Remove from oven and squeeze half the lime wedges over the fajitas. Stir to combine. Serve 1/4 of the mixture with a tortilla and top with a spoon of yogurt and cilantro.

Nutrition information per serving (1/4 of recipe): 360 calories, 11g fat (2.5 g saturated fat), 25g protein, 37g carbohydrate, 640 mg sodium, 3g dietary fiber. Excellent source of vitamins A and C.

