

# Chicken FAJITA SALAD

Mexican cuisine with a touch of NatureFresh™ flavor that brings out the magic in this salad. The perfect dish for any occasion.



Nutrition Facts	
Serving Size (388g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 5g	20%
Sugars 8g	
<b>Protein 32g</b>	
Vitamin A 100%	Vitamin C 210%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Prep time:** 10 Minutes  
**Cook time:** 20 Minutes  
**Serves:** 4 People

## INGREDIENTS:

- 2 large Red Beefsteak Tomatoes, chopped
- 2 cups Red Bell Pepper, chopped
- 1 cup onion, chopped
- 2 skinless boneless chicken breasts, cooked and thinly sliced
- ½ cup salsa
- 1 cup black beans, rinsed and drained
- 1 tbsp. olive oil
- 1 tbsp. cumin
- 2 cups mixed greens
- ½ cup cheddar cheese

## DIRECTIONS:

- In a skillet over medium heat add olive oil and cook chicken breasts 8 minutes per side, or until the juices run clear. Set aside.
- In the same pan add onions, peppers and salsa then season with cumin, salt and pepper. Sautee for a few minutes. In a large platter arrange your salad greens, top with thinly sliced chicken, bean and salsa mixture.
- Garnish with some cheddar cheese, tomatoes and sour cream.

## CHEF'S TIP:

Turn this delicious salad into a great lunch time wrap.

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