

# Chicken OR BEEF FAJITAS

by  
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog ([motherhoodandmeals.com](http://motherhoodandmeals.com)) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice ([nourishedbeginnings.ca](http://nourishedbeginnings.ca)) and teaches courses at a Brescia University College in Ontario, Canada.



## Nutrition Facts

servings per container  
Serving size (248g)

Amount per serving  
Calories **390**

% Daily Value\*

Total Fat 17g 22%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 1430mg 62%

Total Carbohydrate 35g 13%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg 0%

Calcium 149mg 10%

Iron 1mg 6%

Potassium 185mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 20 Minutes  
Cook time: 20 Minutes  
Serves: 4-8 People

## INGREDIENTS:

- 2 NatureFresh™ Farms Bell Peppers, any color
- 1 NatureFresh™ Farms Tomato-on-the-Vine, diced
- 2 boneless, skinless chicken breasts
- OR 8 oz. of your favorite cut of beef
- 1 red onion, diced
- 1/2 cup low sodium fajita seasoning
- 2 tbsp. avocado oil
- 2 tbsp. water
- 4 large or 8 small tortillas
- 1 cup grated cheese
- 1 avocado, mashed
- 1 lime, juiced
- Bowl of salsa

## TIME SAVER TIP

To save on time, try cutting up the vegetables ahead of time!

## DIRECTIONS:

- Wash all produce before preparing.
- Mix oil, seasoning, water, and 1 tbsp. of fresh lime juice together in a bowl and set aside.
- Slice Bell Peppers and onion and place them into a fry pan with 1-2 tbsp. of water. Sauté on medium heat for 5 minutes. Add half of the seasoning mixture and continue to sauté and stir the vegetables until they are cooked through. This will likely take about 10 minutes.
- While the vegetables are cooking, cut the chicken or beef into thin slices. Place the slices of meat in a separate non-stick fry pan along with 2 tbsp. of water to keep the moisture. Cook them over medium heat until cooked through/juices run clear for the chicken and to desired doneness for the beef.
- When the meat is done cooking, stir in the remaining seasoning mixture.
- Serve with shredded cheese, diced tomatoes, and mashed avocado!



For recipe ideas visit: [naturefresh.ca](http://naturefresh.ca)

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)