

Chicken Fajita Salad

Try this well-balanced meal full of fresh vegetables and delicious marinated chicken. For an added serving of whole grains and fibre, enjoy the salad in a 100% whole wheat tortilla!

Ingredients:

- 4 tablespoons of canola oil, divided
- ½ cup lime juice
- 2 garlic cloves, minced
- 1 teaspoon of ground cumin
- 1 teaspoon of dried oregano
- 1 pound of boneless, skinless chicken breasts, cut into thin strips
- 1 medium white onion, cut into thin wedges
- 1 medium sweet red pepper, cut into thin strips
- 2 cans (4 ounces each) of chopped green chiles
- 1 cup of unblanched almonds, toasted
- 3 cups of shredded lettuce
- 3 medium tomatoes, cut into wedges
- 1 medium ripe avocado, peeled and sliced



Instructions:

1. In a small bowl, combine 2 tablespoons of oil and the lime juice, garlic, cumin, and oregano. Pour half in a large bowl or dish. Add chicken and mix to coat. Marinate chicken for at least 30 minutes. Cover and refrigerate remaining marinade.
2. In a large skillet, heat remaining oil on medium-high. Sauté onion for 2-3 minutes or until tender.
3. Drain the chicken and discard the marinade it was in. Add chicken to the skillet. Stir-fry until the meat is no longer pink. Add the red pepper, chiles, and refrigerated marinade. Cook for 2 minutes or until the internal temperature of the chicken reaches 165 °F. Stir in almonds. Serve immediately on shredded lettuce.
4. Top the salad with tomatoes and avocado. Enjoy!

Nutrition Facts (per 1 ½ cup serving):

Calories: 372
Protein: 22g
Fat: 26g
Saturated Fat: 3g
Carbohydrates: 15g
Fibre: 6g
Sugars: 5g
Sodium: 203mg

Source: Taste of Home



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