

Chicken Fajita

Chicken Fajitas are an easy and delicious Mexican recipe! A warm tortilla holds seasoned juicy chicken, sautéed pepper and onions, and toppings; finished with a squeeze of fresh lime.

CACFP Home Childcare Crediting Information

1 Fajita provides ½ cup vegetable (¼ cup additional vegetable, ¼ cup starchy vegetable, ¼ cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.



Preparation Time: 15 minutes
plus 12-24 hours marinating time
Cooking Time: 15 minutes

Makes: 6 servings

Ingredients:

- 7 oz Frozen chicken strips, cooked, thawed
- ½ tsp Ground black or white pepper
- ½ tsp Garlic powder
- 1 tsp Chili powder
- 1 tsp Ground cumin
- ¼ tsp Dried oregano
- 1 Tbsp Ancho chili powder
- OR
- 1 Tbsp Mexican Seasoning Mix
(See Notes Section)
- ½ cup or 3 oz Red bell pepper, sliced
- ½ cup or 3 oz Fresh green bell peppers, sliced

Directions:

- 1 Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and Ancho chili powder or Mexican seasoning mix in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
- 2 Spray medium saucepan lightly with a pan release spray. Heat saucepan to medium high heat and place marinated chicken in saucepan. Sauté uncovered for 5 minutes.
- 3 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
Set aside for step 8.
- 4 In another medium saucepan, spray lightly with a pan release spray. Add peppers and onions. Sauté uncovered over medium-high heat until onions for 2-3 minutes.
Set aside for step 8.
- 5 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 6 In a third medium saucepan, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally.

Ingredients continued

- ½ cup or 2 oz Fresh onions, sliced
- 1 ¼ cup or 8 oz Frozen corn, thawed, drained
- ½ cup or 3 ½ oz Canned tomatoes no-salt-added, diced, drained
- ½ cup or 3 ½ oz Canned low-sodium salsa
- 1 tsp Sugar
- ⅛ cup or 2 Tbsp Canola oil
- ¼ tsp Paprika
- ¼ cup or 2 oz Fresh limes (1 lime)
- OR
- ¼ cup Fresh lime juice
- 6 Whole grain tortillas (1 oz each)

Directions continued

- 7 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 8 Combine marinated chicken, sautéed peppers and onions, and corn mixture in a large mixing bowl. Toss well.
- 9 Using a No. 8 scoop, portion ½ cup chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in half like a taco. Place 6 fajitas on baking dish (9" x 13" x 2").
- 10 Critical Control Point:
Hold for hot service at 140 °F or higher.
- 11 Serve 1 fajita.

Notes Section:

Mexican Seasoning Mix ¾ cup (about 4 ½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 230, Protein 13 g, Carbohydrates 28 g, Dietary Fiber 4 g, Total Sugars 6 g, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 25 mg, Sodium 262 mg Vitamin A 31 mcg RAE, Vitamin C 39 mg, Vitamin D 1 IU, Calcium 72 mg, Iron 2 mg, Potassium 342 mg

