



Sheet Pan Chicken and Mushroom Fajitas

Prep Time	15 mins
Total Time	40 mins
Meal Type	Lunch,Dinner
Contributed By	LivingPlateRx
Source	Living Plate
Servings	4



Spice Blend

Ingredients

lb,c g,ml

- 1 tsp Chili Powder
- 1 tsp Cumin, ground
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper, ground
- 1/4 tsp Salt
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder

Directions

Make

1. Combine all ingredients in a small bowl and set aside.

Fajitas

Ingredients

lb,c g,ml

- 1 1/2 lb Chicken Breast, boneless, skinless, *sliced*
- 1 Red Bell Pepper, *Sliced*
- 1 Green Bell Pepper, *Sliced*
- 1 White Onion, *sliced*
- 8 oz Mushrooms, *Sliced*
- 2 Cloves Garlic, *minced*
- 2 Tbs Olive Oil
- 1/4 cups Cilantro, *Chopped*

Directions

Prep

1. Preheat oven to 425° Fahrenheit.
2. Line a large sheet tray with parchment paper.
3. Wash and cut all vegetables.

Make

1. Spread chicken, peppers, onion, mushrooms, and garlic on the sheet tray. Pour the olive oil and spice blend over the pan and toss together with hands.

- Bake in the oven for 20 to 25 minutes or until chicken is cooked through. Remove from oven.
- Finish with cilantro and serve with Lime-Yogurt Sauce and Pico de Gallo.

Lime-Yogurt Sauce

Ingredients

lb,c g,ml

- 1 cups Greek Yogurt, plain, non-fat
- 1/4 tsp Chili Powder
- 1/2 Lime, *Juiced and Zested*

Directions

Make

- While Fajitas are cooking, combine all ingredients in a bowl and reserve until service.

Pico De Gallo

Ingredients

lb,c g,ml

- 3 Tomatoes, *diced*
- 1/4 White Onion, *diced*
- 2 Tbs Cilantro, *Chopped*
- 1/4 Jalapeno Pepper
- 1/2 Lime, *Juiced and Zested*
- 1 Clove Garlic, *Minced*

Directions

Prep

- Wash and cut vegetables.

Make

- While fajitas are cooking, combine ingredients in a bowl and reserve until service.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	353	Total Fat 10.4g	16%	Total Carbohydrates 20g	6%
		Saturated Fat 1.7g	8%	Dietary Fiber 5g	18%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 99mg	33%	Protein 47g	
		Sodium 294mg	12%		
Vitamin D 0mcg 1% · Calcium 130mg 13% · Iron 3mg 17% · Potassium 1206mg 25%					

* The percent Daily Value (DV) 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.

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