



FREE LOW CARB MEAL PLAN

Easy Skillet Chicken Fajitas

(Yields 4-5 servings)

Ingredients:

1.5 lbs. Fresh Chicken Breasts, sliced into strips
3 Bell Peppers, any color sliced
1 Red Onion, sliced
3 Tablespoons Olive or Canola Oil, divided
1 Tablespoon Lemon juice
1.5 Teaspoons Ground Cumin
1 teaspoon Garlic Powder
1 teaspoon Dried Oregano
1/2 teaspoon Chili Powder
1/2 teaspoon Paprika
Salt & Pepper to taste
For Serving: Lettuce cups, avocado, cheese, hot sauce, ect

Directions:

- In a large skillet, sauté peppers and onions with 1 1/2 tablespoons of oil until crisp-tender, remove from skillet, and set aside.
- In the same skillet, heat remaining oil, and add chicken. Stir in seasonings and lemon juice. Cook over medium-high heat for 5-6 minutes or until no longer pink.
- Return pepper mixture to pan and heat through.
- Serve on top of lettuce cups with any desired low carb topping such as avocado, cheese, and favorite hot sauce.