

Slow Cooker Chicken Fajitas

Total Time: 6 hrs. 22 min.

Prep Time: 20 min.

Cooking Time: 6 hrs. 2 min.

Yield: 4 servings, 2 fajitas each

Ingredients:

- 1 (14.5-oz.) can diced tomatoes (or diced tomatoes with green chiles), no salt added
- 1 medium onion, cut into quarters, sliced
- 1 medium red bell pepper, cut into strips
- 1 medium orange bell pepper, cut into strips
- 2 tsp. ground chile powder
- 1 tsp. ground cumin
- ½ tsp. ground black pepper
- 2 Tbsp. fresh lime juice
- 1 lb. raw chicken breast, boneless, skinless, sliced
- 8 6-inch whole wheat flour tortillas, warm
- ½ cup fresh tomato salsa
- 8 tsp. low-fat (1%) plain Greek yogurt
- ½ medium avocado, sliced
- Finely chopped cilantro

Preparation:

1. Place tomatoes, onion, bell peppers, chile powder, cumin, pepper, and lime juice in a 3-quart slow cooker; mix well.
2. Add chicken; cook, covered, on low temperature for 4 to 5 hours (or on high or 2 to 3 hours), stirring once or twice, until chicken is cooked through and vegetables are tender.
3. Evenly divide mixture between tortillas. Top evenly with salsa, yogurt, avocado, and cilantro.



Nutritional Information (per serving):

Calories: 404
Total Fat: 12 g
Saturated Fat: 2 g
Cholesterol: 73 mg
Sodium: 671 mg
Carbohydrates: 42 g
Fiber: 6 g
Sugar: 8 g
Protein: 31 g

Portion Fix Containers

1 Green
1 Red
2 Yellows
1 tsp.