

# Fajita Chicken Bake

This simple one dish meal is a family favorite that is perfect for busy nights. It can be eaten on its own with rice, or you can use it as a filling for fajitas or tacos.

Makes: 4 servings  
 Prep Time: 10 minutes  
 Cook Time: 40 minutes

Source: <https://www.snap4ct.org/fajita-chicken-bake.html>

## Ingredients

- 1 ½ lb of chicken breast, boneless and skinless
- 1 medium red onion, sliced thinly
- 2 large bell peppers, seeded and sliced thinly
- ½ cup shredded low-fat cheddar cheese, or Mexican blend
- 2 Tbs low sodium taco seasoning or homemade Fajita Seasoning
- 1 Tbs olive oil or vegetable oil of choice

## Directions

1. Preheat the oven to 375°F.
2. Lay chicken breasts flat on the bottom of a 13x9 inch pan or casserole dish. Sprinkle taco seasoning over the top of the chicken.
3. Add onions and peppers and drizzle olive oil over the top.
4. Sprinkle with cheese and place in the oven. Cook for 35-40 minutes or until the juice of the chicken runs clear.
5. Serve over brown rice, quinoa, or fill a tortilla with this blend!



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 1/2 cups	
Nutrients	Amount
Calories:	370
Total Fat:	11g
Saturated Fat:	3g
Cholesterol:	112mg
Sodium:	380mg
Total Carbohydrates:	9g
Dietary Fiber:	2g
Total Sugars:	6g
Added Sugars:	0g
Protein	57g

## Utensils Needed

- Pan or casserole dish
- Measuring spoons
- Cutting board
- Measuring cups
- Cheese grater
- Sharp knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$12.94

Average cost/serving: \$2.16

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Boneless, skinless chicken breast,  
1 1/2 lb.



Add 1 to Cart  
Medium red onion



Add 1 to Cart  
Low-fat cheddar cheese, 8 oz.



Add 2 to Cart  
Large bell peppers



Add 1 to Cart  
Low sodium taco seasoning

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Consider making your own low-sodium taco seasoning with herbs purchased at your local dollar store.

### Similar Recipes

- Creamy Chicken and Noodles
- Chicken and Rice
- Italian Stuffed Peppers