

Sheet Pan Fajitas

PREP TIME: 10-15 MINUTES
COOK TIME: 22-23 MINUTES

YIELDS: 7-8 SERVINGS

Fajita Ingredients

- 2 pounds chicken breast (see notes for other protein options)
- 2 tablespoons olive oil
- 3 bell peppers, any color, cut into slices
- 1 raw onion, any variety, cut into slices
- Dollop of sour cream for each serving (~8 tbsp total)
- 2 limes, sliced into quarters
- Handful fresh cilantro, roughly chopped (~1/4 cup)
- 8 tortillas (or can be served over rice or salad)

Seasoning Ingredients

- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon sea salt



Calories: 301kcal Carbohydrates: 17.5g
Fat: 10.2g Fiber: 2.6g
Protein: 36.8g Added sugar: 0g
Sodium: 178.8mg

Nutrition Content per Serving

Directions

1. Preheat oven to 400 degrees.
2. In a small bowl, combine the dry seasonings.
3. Slice the raw chicken breasts into 1/2 inch slices.
4. Transfer the chicken slices to a large bowl, then add the olive oil as well as the dry seasoning blend. Using tongs, toss the chicken to coat seasoning on all sides.
5. On a large baking sheet, spread the sliced bell peppers and onions evenly.
6. Layer the chicken overtop of the vegetables (try not to overlap the chicken as this will take longer to cook).
7. Place in the preheated oven for 22–23 minutes.
8. Serve hot over a warmed tortilla, rice, or beans with a dollop of sour cream overtop, sprinkled with some chopped fresh cilantro & squeeze a 1/4 lime wedge over each.



Chef Tips/Adjustments

- Make & freeze in advance by combining the raw, seasoned ingredients in a freezer-safe bag. Freeze for up to 2–3 months. When ready to make, defrost overnight or until thawed in the refrigerator. Cook as instructed.
- A crockpot can also be used by layering half the peppers & onions, then the seasoned chicken, then the remainder of the peppers and onions overtop. Add 2 cups chicken broth. Cook on low for 6–8 hours (or high heat for 3–4 hours).
- For a shrimp fajita option, use 1 pound of peeled & deveined shrimp. Bake the peppers & onions for 10 minutes, then add the seasoned shrimp overtop for the remaining 12–13 minutes (crockpot option would be low for 5 hours for peppers/onions, then 45 minutes longer on high for shrimp).
- For a vegetarian option, substitute with tofu, additional vegetables, or add cooked beans.