



SHEET PAN CHICKEN FAJITAS

August 18

National Fajita Day



INGREDIENTS

- 1½ Pounds Boneless Skinless Chicken Breasts (sliced into thick strips)
- 3 Bell Peppers (sliced into strips)
- 1 Red Onion (thinly sliced)
- 2 Garlic Cloves (minced)
- 3 Tablespoons Olive Oil
- 1 Tablespoon Fajita Seasoning Blend

DIRECTIONS

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Place the chicken, peppers, onions, garlic and olive oil on the baking sheet.
3. Combine the ingredients for the seasoning in a small bowl, then sprinkle evenly over the chicken and vegetable mixture on the baking sheet.
4. Toss everything together with tongs or your hands to evenly coat. Spread into an even layer.
5. Cook in the preheated oven for 15-20 minutes, tossing once halfway through, until the chicken is cooked through and the vegetables are tender.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce Chicken + ⅓ Cup Vegetables	1½ Ounces Chicken + ¼ Cup Vegetables	2 Ounces Chicken + ½ Cup Vegetables	2 Ounces Chicken + ½ Cup Vegetables