Dinner Tonight!
Baked Chicken Fajitas

Ingredients:
1 pound boneless skinless chicken breasts, cut into thin strips
1 14 1/2-ounce can diced tomatoes and green chilies, drained
1 medium onion, cut into thin strips
1 medium green pepper, cut into thin strips
1 medium sweet red pepper, cut into thin strips
2 tablespoons oil
2 teaspoons chili powder
2 teaspoons ground cumin
1/4 teaspoon salt
12 6-inch flour tortillas, warmed

Line a 9x13-inch baking dish with aluminum foil and spray with cooking spray. Combine chicken, tomatoes, onion and peppers in pan. Combine oil, chili powder, cumin, and salt. Drizzle over chicken mixture; toss to coat.

Bake, uncovered, at 400 degrees F for 20-25 minutes or until chicken is no longer pink and veggies are tender. Spoon onto tortillas; fold in sides.

Preparation time: 15 minutes
Cook time: 20 minutes
Serves: 6 (2 fajitas per serving)

Nutrition Facts Per Serving:
Calories: 340
Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 44 mg
Sodium: 330 mg
Carbohydrates: 41 g
Fiber: 5 g
Protein: 27 g

Serve with: Black Bean Salsa with Pineapple
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Black Bean Salsa with Pineapple

**Ingredients:**
- 1 15-ounce can black beans, drained and rinsed
- 1 15 1/4-ounce can pineapple tidbits, drained but reserve juice
- 1 cup diced red bell pepper
- 6 green onions, thinly sliced
- 1/4 cup cilantro leaves, chopped
- 1/4 cup reserved pineapple juice
- 1 tablespoon oil
- 1 seeded jalapeno pepper, minced

Combine all ingredients in a bowl. Toss and serve.

Preparation Time: 15 minutes
Cook Time: 0
Serves: 6

**Nutrition Facts Per Serving:**
- Calories: 274
- Fat: 3.3 g
- Saturated Fat: .5 g
- Cholesterol: 0 g
- Sodium: 6 mg
- Carbohydrates: 48 g
- Fiber: 11 g
- Protein: 14.5 g

Serve with: Baked Chicken Fajitas