



Recipes by Peter

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Recipe for Easy Fajitas

Equipment Needed:

A large cast iron skillet will work well, or use a regular skillet, griddle, or indoor griddle/grill.

You can also use an outdoor grill, but you'll need a grilling pan so that the chicken and vegetables do not fall through the grill grates. Bowls or plates for sliced ingredients.

Two large bowls/or plates to hold the uncooked chicken and the uncooked vegetables.

One large bowl to hold the finished product.

Ingredients:

2 LBS of Boneless Skinless Chicken Breast or Thighs, Trimmed of Excess Fat and cut into ½ strips.

2-3 Bell Peppers – (Depending Upon the Size of the Peppers) sliced thinly into ½” strips. Note: I used three peppers, one green, one red, one yellow just for color. I do think using one green pepper in the mix of peppers is important as the green peppers have a distinct flavor and are less sweet in taste.

1 Medium White Onion – Sliced thinly into ½” strips. ½ Can Fire Roasted Diced Tomatoes (Drained)

2 TBS plus 2 tsp of Fajita Seasoning (Divided)– I used the Kinders brand, but McCormick, Lawry's and Penzey's all make good fajita seasonings, too. You can also create your own blend.

Juice of 1 lime divided

3-4 TBS plus 1 tsp of Chopped Garlic (Divided)

3-4 TBS Canola Oil Divided

Salt and Pepper to Taste

Directions

Important: The chicken and the vegetables need to be cooked separately and combined later. This is because the chicken and vegetables will be cooked for different times.

In a medium sized bowl place the raw chicken slices and add one TBS of canola oil with the chicken. Mix the chicken and canola oil with tongs to coat the chicken. You want the oil to coat the chicken so that the chicken gets sticky.

Now add 1 TBS of the fajita seasoning and mix the seasoning mix into the chicken using tongs. After the 1st TBS of seasoning mix has been incorporated very well add the 2nd TBS of fajita seasoning and mix in with the chicken using tongs.

Add the juice of the lime to the chicken, toss to coat the chicken with the lime juice.

At this point you can either cover the bowl with plastic wrap and let the chicken sit with the seasonings and lime juice in the refrigerator for a couple of hours, or you can cook the chicken right away. If you let the chicken sit for a couple of hours, it will have a bit more flavor.

Prepare your cooking vessel, griddle or grill and preheat so that the cooking vessel is very hot.

Cook the chicken in batches.

Add 1 TBS of the canola oil to the cooking vessel or grill and add half of the chicken making sure the chicken strips are sitting on the griddle/pan/indoor grill. You don't want the chicken pieces to sit on top of each other or be crowded as this will cause the chicken to steam, and you do not want this.

Cook the chicken until it has browned on all sides (turning occasionally) and the internal temp has reached about 160 degrees if using chicken breast, and 170 degrees if using chicken thighs. Use a meat thermometer to check the temperature. Don't overcook the chicken or it will dry out and be tough.

Remove the first half of the chicken to a large bowl and cover with foil to keep warm.

Cook the second half of the chicken in the same manner, then remove the chicken to the large bowl with the first batch of the cooked chicken.

Using the same griddle/pan/indoor grill add one TBS of canola oil to the pan.

Add half of the onions to the griddle/pan/indoor grill and cook for about a minute or until the onions begin to soften.

Add half of the peppers to the cooking onions.

Add 2 tsp of chopped garlic to the pan.

Sprinkle about 1 tsp of the fajita seasoning over the cooking vegetables.

Cook the vegetables until they have started to caramelize. Remove the cooked vegetables from the griddle/pan/indoor grill and add these to the cooked chicken.

Now add the last TBS of canola oil to the griddle/pan/indoor grill. Add the second half of the onions to the griddle/pan/indoor grill and cook for about a minute to soften, and then add the remaining peppers.

Add 2 tsp of chopped garlic to the pan.

Add half of a can of the fire roasted tomatoes to the onion and peppers mixture.

Sprinkle about 1 tsp of the fajita seasoning over the cooking vegetables. Cook until the vegetables have started to caramelize.

Remove the cooked vegetables from the griddle/pan/indoor grill and add these to the cooked chicken and first half of the cooked vegetables.

Salt and Pepper to taste

Now you have some decisions to make.

Will you use the fajita chicken and vegetables in tacos, enchiladas, burritos, or will you mix in some pasta and alfredo sauce? All will be delicious choices!

Optional Toppings:

Corn or Flour Tortillas

Sour Cream

Cilantro

Jalapeno Slices

Pico De Gallo

Hot Sauce of Choice

Enjoy!