

# Garden Fresh Chicken Fajitas

Makes 12 fajitas

Use home-grown, grass-fed and organic ingredients whenever possible.

## Ingredients:

2 tsp freshly pressed garlic cloves  
1 large onion (approximately 2 cups of onion strips)  
1 medium red bell pepper  
1 medium green bell pepper  
1.5 lbs thin boneless, skinless chicken breasts or chicken tenders  
Drizzle of olive oil  
1-2 TBSP Chipotle, southwestern or Mexican seasoning

6 oz cheddar cheese, grated  
1 cup sour cream and/or guacamole  
1 cup salsa (or diced fresh tomatoes)  
Cilantro as garnish

12 - 6-7" flour tortillas

## Directions:

1. Press the garlic, set aside.
2. Drizzle the chicken breasts or tenders with olive oil in a bowl and add the seasoning, stirring to coat. Choose your cooking method: **To cook in the oven:** Bake on a stoneware pan or casserole dish for 25-30 minutes uncovered at 350°. **To cook on the stovetop:** Saute in a skillet, turning once. **To cook in a grill pan:** Preheat grill pan and press on medium high heat. Remove the grill press and lay the chicken breasts or tenders into the hot pan, then top with the hot grill press. Set the timer for 3 minutes. Remove the grill press and turn the chicken over. Add the grill press and time for another 3 minutes. Remove promptly from the pan and set aside, covered.
3. While the chicken is cooking: remove the stem of the bell peppers, cut in half, cut into strips. Cut the onions in strips and separate. When the chicken is completed, add the bell pepper and onion slices, with the pressed garlic to the grill pan, add the grill press and cook for 2-3 minutes (or saute in a pan).
4. Warm the tortillas for a few seconds in the microwave.
5. To assemble Fajitas:
  - Cut the chicken into strips.
  - Spread each tortilla with ~ 1 TBSP sour cream and lay the chicken strips in the center of the tortilla, followed by the sautéed bell pepper and onion.
  - Add grated cheese, salsa and finish with cilantro garnish.

**Serving Yield:** 12 Fajitas