

# Chicken Fajitas

Makes 12 fajitas

*A recipe by The Pampered Chef (with modifications by Dianna Kasprzak)*

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

## **Ingredients:**

2 large garlic cloves, freshly pressed  
2 medium onions  
1 medium red bell pepper  
1 medium green bell pepper  
1.5 lbs boneless, skinless chicken breasts, pounded to ½" thick  
Drizzle of olive oil  
2 TBSP Pampered Chef Chipotle Rub (or southwestern or taco spice)

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. Pound the chicken breasts using a Meat Tenderizer to about ½" thick (uniform thickness). Drizzle with olive oil on one side and sprinkle with 1 TBSP Chipotle Rub or other seasoning of choice. To cook in the oven: Bake on a Medium Stoneware Bar Pan or stoneware casserole dish for 25-30 minutes uncovered at 350°. To cook on the stovetop: Sauté in a skillet, turning once. To cook in a grill pan: Preheat the Grill Pan with the Grill Press on medium high heat. Remove the Grill Press and lay the chicken breasts into the hot pan, spice side down. Drizzle the other side with olive oil, sprinkle with 1 TBSP Chipotle Rub, then add the 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 sauté in a pan).
4. Warm the tortillas for a few seconds in the microwave.
5. To assemble Fajitas:
  - Cut the chicken into strips or by using the Salad Chopper.
  - 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.