



Sweet + Salty Sheet Pan Chicken Fajitas

Shopping List

- 1 1/2 pounds boneless, skinless chicken breasts, cut into thin strips
- (preferably free-range, organic)
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 zucchini, cut into spears
- 1 small onion, cut into wedges
- 4 cloves garlic, minced
- 2 tablespoons avocado oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- dash of cayenne pepper
- 1/2 tsp Himalayan pink salt
- 1/2 tsp coconut sugar
- 1/4 cup chopped fresh cilantro leaves
- 2 tablespoons freshly squeezed lime juice

Instructions

1. Preheat your oven to 425°F. Lightly spray two baking sheets or line with parchment paper.
2. In a small bowl, combine chili powder, cumin, oregano, garlic powder, onion powder, paprika, cayenne pepper, coconut sugar and salt. Separate in half.
3. Place chicken and half the garlic on one baking sheet and bell peppers, onion, zucchini and second half of garlic on another in a single layer. Mix 1 tbsp of oil and half of the spice mixture with the

chicken. Repeat and mix 1 tbsp oil and the second half of the spice mixture with the vegetables.

- Place both pans in the oven and bake for 15 minutes. Remove pans and flip chicken and vegetables. Bake for an additional 10 minutes or until the chicken is completely cooked through and the vegetables are crisp-tender. Top with cilantro and lime juice.
- Let fajitas cool and then separate into four glass containers with optional toppings for storage.

Optional Add-Ins for Creative Meal Prep:

- Avocado slices + Dollop of Greek Yogurt
- Black Beans + Feta Cheese
- Blue Corn Chips + Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 105 mg	35 %
Sodium 363 mg	15 %
Potassium 168 mg	5 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	8 %
Sugars 4 g	
Protein 40 g	80 %
Vitamin A	10 %
Vitamin C	103 %
Calcium	15 %
Iron	13 %