

# Sheet Pan Chicken Fajitas

*Recipe makes 6 meals*

## Ingredients

3 lbs Boneless Skinless Chicken Breast, cut into strips  
12 Tortillas (see notes)  
3 Bell Peppers, any colors  
1 Purple Onion  
1/4 C Lime Juice  
1.25 oz packet Fajita Seasoning  
1 oz packet Taco Seasoning, (using half of the packet)  
2 Tbsp Cooking Oil of choice  
1 tsp Smoked Paprika  
1/2 tsp Cumin  
Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

Calories - 403

Fat - 9g

Carbohydrates - 41g

Protein - 59g

**Estimated Cost  
Per Meal**

**\$3.40**

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# Instructions

1. Start by slicing your chicken into strips and set aside.
2. Slice your three bell peppers and your onion into strips.
3. In a large mixing bowl add your sliced chicken breast, your sliced bell peppers, and your sliced onion. Pour in your packet of fajita seasoning, half packet of taco seasoning, 1 tsp smoked paprika, and 1/2 tsp cumin, 1/4 cup lime juice, and 2 Tbsp of cooking oil of your choice. Mix all of that together really well. Ensure that all of your chicken is coated nicely with seasoning.
4. Add your chicken and veggie mixture to a sheet pan. If your pan is overcrowded, split between two sheet pans if possible. This will allow a more even cook.
5. Spread your chicken and veggies out as evenly as you can and place in the oven at 425°F for 30-35 minutes.
6. When your chicken is done, check to ensure it is cooked through. If you want a little char on your chicken and veggies, place back in the oven on broil for 2-3 minutes.
7. Once your chicken is cooked to your liking, taste it and add salt and pepper to preference.
8. Portion out into your meal containers and pack 1-2 tortillas in a Ziplock bag to go with each meal.
9. Enjoy!



# Notes

- For the tortillas, I used the 11.9 ounce pack of La Banderita - Carb Counter, Carb Lean Tortillas. If you cannot find this specific brand, below are the calories and macros for the recipe without the tortillas. If you use another brand, simply add the calories and macros from your brand to the numbers below.

Per meal without tortillas:

313 Calories

7g Fat

11g Carbs

49g Protein

- If you cannot find the packet of fajita seasoning in the store, there are some really simple homemade options online. Just search for "homemade fajita seasoning".
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.