

Chicken Fajitas

Candida Friendly

4-6 boneless skinless chicken breasts cut into thin strips-season both sides to taste with lemon pepper.

2 red bell peppers cut into thin strips

1 large or 2 small onion, cut into thin strips

2 large avocados

Trader Joe's Lemmon Pepper

Grapeseed Oil

1-2 packages Ezekiel brand whole wheat/yeast free tortillas-depends how much filling wanted

Heat approximately 1-2 tablespoons grapeseed oil in skillet over med/high heat. Add onions, bell pepper and season with lemon pepper to taste. Sauté until tender and caramelized. Remove from heat, add more grapeseed oil and sauté chicken until thoroughly cooked. Drain off any excess juice from pan then add onions and bell peppers back and mix together.

Heat up tortillas over an open flame; make sure they do not burn. Add desired amount of fajita mixture, 2-3 large slices of avocado and desired amount of spicy cilantro dressing. If you want them extra spicy-add extra jalapenos to the cilantro dressing or add an additional pre-made salsa. Make sure it is program friendly.