

RECIPE OF THE WEEK

Baked Chicken Fajita Roll-Ups

Ingredients

- 3 chicken breasts
- ½ yellow bell pepper – sliced
- ½ red bell pepper – sliced
- ½ green bell pepper – sliced

For Marinade

- Half a lime juice
- A pinch of cayenne - pepper (optional)
- 2 tbsp cilantro – chopped
- 2 tbsp olive oil

- 1 clove garlic – minced
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp dried oregano
- ½ tsp salt



Preparation

1. Take a small bowl and whisk together the olive oil, lime juice, garlic, chili powder, cumin, oregano, salt, cayenne (optional), and cilantro
2. Slice chicken breasts longways into 2 even parts
3. Pound the chicken with the smooth side of a meat tenderizer and make an evenly thick meat of ¼ inch
4. Put chicken cutlets in a large resealable freezer bag and pour marinade over top, make sure the meat is completely coated
5. Leave it to marinate for a minimum of one hour to overnight
6. Once the chicken is marinated, evenly place bell pepper slices in the middle of the chicken, roll up and seal with a toothpick
7. Repeat this step until all the cutlets have been rolled up
8. Place seam side down in a readied baking dish
9. Brush the tops of chicken with remaining marinade
10. Bake uncovered, at 375°F for about 25 to 30 minutes or until the juices run clear
11. Serve and enjoy!

