

# HEALTHY CHICKEN FAJITA AND CAULIFLOWER RICE



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breasts	1 lb.	Garlic Cloves, Crushed	2
Lemon Juice	2 Tsp.	Brussel Sprouts, Fresh or Frozen	2 Cups
Red Bell Pepper, Sliced	1	Chili Powder	2 Tsp.
Yellow Bell Pepper, Sliced	1	Paprika	1 Tsp.
Green Bell Pepper, Sliced	1	Cumin Powder	½ Tsp.
Olive Oil	1 Tbsp.	Salt and Black Pepper	To Taste



## PREPARATION

- 👉 Preheat the oven to 400°F (200°C).
- 👉 Cut chicken breasts into thin strips. Then, in a large bowl season the chicken thighs with salt, black pepper, chili powder, paprika, and cumin powder.
- 👉 Heat olive oil in a large skillet over medium-high heat. Add the chicken thighs and cook for 5-7 minutes per side or until browned. Remove from the skillet and set aside.
- 👉 In the same skillet, add the sliced peppers. Saute until they are slightly softened, about 5-7 minutes.
- 👉 Add garlic and Brussels sprouts to the skillet. Cook for another 5-7 minutes or until the vegetables are tender.
- 👉 Return the chicken to the skillet and toss everything together. Drizzle lemon juice over the top.
- 👉 Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the chicken is cooked through.
- 👉 Enjoy your healthy chicken fajita meal!