

Pita Fajitas

Makes

6 pitas

Prep time

5 minutes

Cook time

15 minutes

Good source of Protein

Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tsp. fajita seasoning mix
- 2 tsp. canola or vegetable oil
- 1 red bell pepper, thinly sliced
- 1 yellow onion, thinly sliced
- 3 whole wheat pita bread, cut into halves
- Leafy greens (lettuce, spinach, etc.)

Nutrition Facts

6 servings per container	
Serving size	1 pita (109 g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 206mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Prepare the chicken by cutting into cubes. Sprinkle fajita seasoning mix over chicken and toss to season evenly.
2. Meanwhile, heat oil in a pan over medium heat.
3. Add chicken breast and sauté for 5 to 7 minutes or until the chicken breast is brown and cooked through.
4. Add bell pepper and onion to the pan and sauté until the vegetables start to brown. Remove from heat and set aside.
5. On a separate pan over high heat, warm up each pita bread for 1 minute on each side.
6. Cut the pita pockets in half. Fill each half with leafy greens, and add about ½ cup of the chicken mixture into each half.
7. Serve hot. Refrigerate any leftovers.

