

FAT-FREE FAJITAS

By Lisa and Clint Black

INGREDIENTS

Skinless, Boneless Chicken Breasts
Fajita Seasoning (or seasoning of your choice)
Green Pepper
Red Pepper
Onions
De-fatted Chicken Broth
*Corn Tortillas
Fat-Free Sour Cream
Salsa

INSTRUCTIONS

1. Sautee vegetables (after adding the fajita seasoning) in the chicken broth.
2. Add strips of chicken to the above and cook until chicken is done.
3. Place mixture in heated corn tortillas
4. Top with sour cream and salsa, and serve.
5. Enjoy!

*Corn tortillas have no fat. Flour tortillas have added fat.