

SHEET PAN CHICKEN FAJITAS

Ingredients:

- 1 – 1.5 lbs of chicken cut into no larger than 2 inch pieces
 - I used already thinly sliced chicken breast cutlets but you could use chicken tenders, thighs or breasts
- 3 bell peppers – cut into strips
- 1 small red onion – cut into strips
- 2 tbsp olive oil – one tbsp to pour over the vegetables & one tbsp to pour over the chicken
- Salt
- Pepper
- Paprika
- Onion Powder

Instructions:

1. Preheat oven to 400 degrees. Cut chicken (or other protein) into 2 inch or less pieces & arrange on a baking sheet prepared with non-stick spray.
2. Cut vegetables into thin strips & arrange on the baking sheet.
3. Pour 1 tbsp of olive oil over the chicken & another 1 tbsp over the vegetables. Sprinkle your spices/herbs on the protein & vegetables. Toss items with your hands to evenly coat all pieces.
4. Bake for 25 minutes or until protein is cooked through.

Other tips:

- Enjoy on its own, make a fajita bar with sour cream & cheese or eat over rice!