

Employee Wellness Cooking Demo: 9/23/2020

Ingredients List

Low Sodium Chicken Fajitas

Low Sodium Taco/Fajita Seasoning:

- 2 tbsp Chili powder
- 1 tbsp Smoked paprika
- 1 tbsp Garlic Powder
- 1 tbsp Onion Powder
- 1 tbsp Oregano, Dried
- 1 tbsp Cilantro, Dried
- 1 tbsp Cumin
- 1.5 tsp Cayenne pepper

Chicken Fajitas:

- 2 lbs chicken breast tenderloin each sliced in half lengthwise
- 1 green pepper sliced
- 1 red bell pepper sliced
- 1 vidalia onion sliced
- Olive oil spray
- 1 tbsp olive oil
- 1.5 tbsp Low Sodium Fajita Seasoning Mix
- 8 Low Sodium tortillas (soft taco size)

Topping Suggestions:

- Cheddar cheese
- Sour cream
- Guacamole
- Salsa