Easy Chicken Fajitas

Number of Portions: 10

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Actual Weight</th>
<th>Measure</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast, boneless, skinless</td>
<td>2# + 8 oz</td>
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<tr>
<td>Canadian Steak Seasoning or Lawry’s Seasoned Salt</td>
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<tr>
<td>Olive oil, extra virgin</td>
<td>6 oz</td>
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<tr>
<td>Bell Pepper, green</td>
<td>2#</td>
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<tr>
<td>Bell Pepper, red</td>
<td>1#</td>
<td></td>
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<tr>
<td>Onion, yellow</td>
<td>1# + 8 oz</td>
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<tr>
<td>Tortillas, 10 ct. fajita size, wheat or corn</td>
<td></td>
<td>2</td>
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<tr>
<td>Salsa, medium</td>
<td>tt</td>
<td></td>
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<tr>
<td>Shredded Cheese, Mexican Style</td>
<td>1#</td>
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</table>

### Methods of Preparation

Ingredients: Chicken, Canadian Steak Seasoning, Olive oil, Green Pepper, Red Pepper, Onion, Tortillas, Salsa, and Shredded Cheese.

Small Equipment: Cutting boards, Damp rags, Chef’s knives, Paper towels, Portion Scale, Small mixing bowls, Large mixing bowls, Large saucepan, Wooden spoons

Large Equipment: 4-Top Range, Microwave

1. Wash your hands!

2. Gather needed equipment and ingredients for Chicken and Vegetable Preparation.
   - Equipment for Chicken Preparation:
     - Cutting board, Damp rag, Chef’s knife, Large mixing bowl, Large saucepan, Utility knife, Wooden spoon
   - Ingredients For Chicken Preparation:
     - Chicken Breasts, Canadian seasoning, Olive oil

   - Equipment for Vegetable Preparation:
     - Cutting board, Damp rag, Chef’s knife, Large mixing bowl, Large saucepan, Paring knife, Wooden spoon
   - Ingredients For Vegetable Preparation:
     - Olive Oil, Onions, Green peppers, Red peppers

### Chicken Preparation

3. Set up cutting board with a damp rag underneath.
4. Place thawed chicken breasts on cutting board. Trim away any extra fat with a utility knife.

5. Cut chicken into ¼ inch strips lengthwise with a chef’s knife.

6. Wash hands thoroughly.

7. Place the large saucepan on the stove top.

8. Pour 3 oz olive oil into the pan, and tilt the pan until the oil evenly covers the bottom of the pan.

9. Heat the pan on Med.-High heat. Pan will heat up while you finish preparing the chicken in the next step.
   - Keep an eye on the pan to make sure it doesn’t over heat (a.k.a. oil turning very dark and/or becoming smokey)
   - Pan is ready when the oil is a clear color or when the oil sizzles wildly when a piece of chicken touches it.

10. Place chicken in the large mixing bowl and sprinkle Canadian Steak Seasoning over the top of the chicken (a light covering in sufficient). Mix chicken until seasoning is evenly distributed overall.

11. When pan is ready (if questionable, refer to step 9), SLOWLY and CAREFULLY place chicken strips in the saucepan. Let chicken cook for 5-7 minutes while you prepare the vegetables.

**Vegetable Preparation**

12. Wash your hands thoroughly.

13. Set up a clean cutting board with a damp rag underneath.

14. Rinse off the peppers under cool running water. Dry them off, and set them aside near the cutting board.

15. Cut the stems of the onions off with a clean chef’s knife. Peel the outer layers of the onions off.

16. Cut the onions in 1/2 from stem to stem.

17. Place the flat side of the onion on the cutting board and cut ¼-1/8 inch slivers, cutting from side to side (the opposite way that you cut the onions in ½).

18. Once all the onions are completed, place 3 oz olive oil in a large saucepan (not the chicken one) tilting the pan as done previously.

19. Place the saucepan on the stove and heat to Med-Hi heat. Pan is hot when the oil sizzles when touched with a piece of onion. If pan is hot before the peppers are all prepared, start cooking the onions in the pan.

20. If chicken is golden-dark brown on the bottom, rotate the pieces with a clean wooden spoon so that each side is getting browned.

   (Instructions 21-25 are easiest if done in an assembly line fashion, where one does the individual direction for ALL the peppers at that time, then goes on to the next step)

21. Cut peppers down the middle lengthwise with a chef’s knife.
22. Using your hands and the paring knife, remove the inner seed portion and stem of the pepper.

23. Laying the flat side of the pepper on top of the cutting board, cut it in ½ lengthwise.

24. With the pepper lying as flat as it can, cut ¼-1/8 inch slivers of pepper, lengthwise.

25. When all the peppers are completed, place them in the large saucepan. Stir as vegetable start to get dark brown marks on them. Cooking is complete when vegetables have brown marks on them, and BEFORE they are soggy.

**Serving Instructions**

26. Right before the chicken and vegetables are done, place a damp paper towel around the tortillas and put them on a plate. Microwave them on high heat for approximately 30 seconds-1 minute.

27. When the chicken is thoroughly browned (with no pink in the middle) and the vegetables are thoroughly browned, yet not mushy, both are ready to serve.

28. Place the chicken and vegetables, both separately, into large bowl bowls.

29. Dish up approx. 2 oz of Chicken and 3 oz of vegetables into each tortilla. You may also add whatever amount of cheese and salsa you desire on top. Lastly, roll or fold your tortilla and enjoy.

30. Pinto or Black beans would accompany this dish nicely. This recipe is also open to much variation, so have fun with it.