**CHICKEN FAJITAS**

**1 Recipe/2-3 People**

**~FOCUS: SLICING CHICKEN AND VEGETABLES; SLICING MEANS LONG, THIN STRIPS~**

**DAY 1 - CHICKEN MARINADE**

1 medium ziplock bag

1- 1½ boneless chicken breast portion (½ per person), sliced thinly

5 mL chicken stock powder

60 mL water

25 mL lime juice

![C:\Users\heather\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\61KLJ7IW\MC900018807[1].wmf]()5 mL ground cumin

2 mL ground coriander

2 mL chili power

2 mL black pepper

1 garlic clove, minced

**DIRECTIONS:**

1. Label a ziplock back with name, block and unit.
2. Combine chicken stock powder and water in a medium bowl. Add lime juice and all of the spices. Set aside.
3. Slice chicken in long, thin strips and place in ziplock bag.
4. Carefully pour marinade into the bag and tightly seal, limiting the amount of oxygen in the bag.
5. Toss the chicken around in the bag to coat evenly with marinade.
6. Refrigerate until day 2 of lab.

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**DAY 2 – MAKE FAJITAS**

Marinated chicken, made previous class

½ onion, thinly sliced

½ green pepper, thinly sliced

¼ red pepper, thinly sliced

1 garlic clove, minced

15 mL oil

2-3 8” tortillas (1/person)

30-45 mL salsa (15 mL/person)

30-45 mL sour cream (15 mL/person)

30-45 mL grated cheese (15 mL/person)

**Directions:**

1. Heat oil over medium heat. With tongs, pick up chicken and place in pan. Do not discard the marinade.
2. Stir fry chicken in heated oil for 5 minutes or until just about cooked.
3. Add onions, green and red peppers and garlic, stir fry for about 3-5 minutes more until vegetables are softened and chicken is cooked thoroughly
4. Pour in the reserved marinade and cook stirring for about 3-5 minutes until most of the liquid is absorbed.
5. Divide filling between tortillas.
6. Top with 15 mL each of salsa, sour cream and grated cheese. Fold one side over filling, fold one end up, and fold the other side over, leaving one end open.
7. Enjoy!

