

FREEZER CHICKEN FAJITAS



Equipment

Large bowl
Knife
Freezer bags

Ingredients

2 pounds chicken breasts, cut in slices
1/4 cup sodium-free taco seasoning
1 Tbsp. olive oil
2 Tbsp. lime juice
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 green bell pepper, sliced

To Serve

Tortillas
Avocado
Cilantro
Salsa or hot sauce
Sour cream

DIRECTIONS

Assembly

- In a large bowl, mix the taco seasoning, olive oil, and lime juice to make the fajita marinade.
- Toss the sliced chicken and sliced bell peppers in the marinade until everything is evenly coated.
- To freeze: place the chicken in the bottom of a gallon-sized ziplock bag followed by the vegetables. Seal the ziplock bag, squeezing out as much of the air as you can. Flatten out the bag for easier storage. Name and date the meal and place in the freezer until ready to cook.
- The day before cooking the fajitas, move the bag of fajita mix to the fridge to thaw.

Cooking

- Preheat the oven to 400 F.
- Spread the defrosted homemade fajita mix out on a rimmed baking sheet and bake for 20 minutes. To add some char to the meat and vegetables, broil for another 3-5 minutes.
- Serve with warm tortillas, salsa, avocado, sour cream, and fresh cilantro.

Notes

The raw fajita mix will keep in the freezer for up to 9 months.

The cooked leftovers will keep in the fridge in an airtight container for 3-4 days.

