



ATHLETE

Ingredients

- 2lbs Boneless skinless chicken breasts
- 1-2 tsp Taco seasoning
- 2 Bell peppers in assorted colors
deseeded and thinly sliced
- 1 Red onion peeled and thinly sliced
- 1 Tbsp Olive oil
- 1/2 Cup Shredded Cheddar or Mexican
Blend Cheese

*Serving: 1/8 of Bake
(based on 4 oz of Chicken)*

Calories: 195 kcal

Carbohydrates: 5g

Protein: 26g

Fat: 7g

(not including rice)

Fajita Chicken Bake



8 servings



50 minutes



Kelsey Harris

Instructions

1. Preheat Oven at 375 F
2. Trim the chicken breasts then lay them in a single layer in a glass baking dish.
3. Sprinkle the taco seasoning over the top of the chicken breast to taste.
4. Season chicken with any other desired spices
5. Lay your thinly sliced onions and peppers on top of the chicken breast, spread out evenly over the top.
6. Drizzle the olive oil over the peppers and onions.
7. Sprinkle cheese over the top of the dish.
8. Bake 35-45 minutes or until chicken is cooked though and the juices run clear.

NOTE: Serve over rice!