

One Pan Chicken Fajita Bowls

RUN Performance Nutrition

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Here's one of my favorite recipes! One pan meals are the easiest and most effective way to use your kitchen and maximize your health.

Share your creativity with this recipe by tagging me @runwithnader and #runperformancenutrition

Can't wait to see what you cook up!

Lydia Nader, MS, RDN, LDN



One Pan Chicken Fajita Bowls

4 servings

40 minutes

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast
- 1 tbsp Cumin
- 1 tbsp Chili Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	276
Fat	11g
Carbs	10g
Fiber	3g
Sugar	3g
Protein	36g
Cholesterol	117mg
Sodium	123mg
Potassium	786mg
Vitamin A	2715IU
Vitamin C	185mg
Calcium	39mg
Iron	3mg
Vitamin D	1IU
Vitamin B6	1.7mg
Vitamin B12	0.2µg
Magnesium	63mg
Zinc	1mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 3 Bake for 30 minutes, or until chicken is cooked through.
- 4 Divide between bowls or containers. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 3 days.

More Carbs, Serve with brown rice, quinoa or black beans.

More Fat, Serve with avocado or cheese.

Vegan/Vegetarian, Use tofu or chickpeas instead of chicken.