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Chicken Fajitas



Photo: John Autry; Styling: Cindy Barr

★★★★☆ Worthy of a special occasion

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Yield: 4 servings

Total: 1 Hour, 32 Minutes



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Recipe Time

Total: 1 Hour, 32 Minutes

Nutritional Information

Amount per serving

Calories: 377

Fat: 9.4g

Saturated fat: 1.5g

Monounsaturated fat: 4.7g

Polyunsaturated fat: 2.3g

Protein: 31.6g

Carbohydrate: 39.8g

Fiber: 4.3g

Cholesterol: 66mg

Iron: 1.9mg

Sodium: 668mg

Calcium: 67mg

[Nutrition Guidelines for Healthy](#)

Ingredients

- 3/4 cup dark Mexican beer
- 2 tablespoons lower-sodium soy sauce
- 2 tablespoons fresh lime juice
- 1 tablespoon canola oil
- 1 tablespoon Worcestershire sauce
- 3 garlic cloves, crushed
- 1 pound skinless, boneless chicken breast halves, cut across grain into 1/2-inch-thick strips
- 1 cup sliced onion
- 1 orange bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- Cooking spray
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 8 (6-inch) flour tortillas
- 1 jalapeño pepper, thinly sliced
- Salsa (optional)
- Reduced-fat sour cream (optional)
- Fresh cilantro leaves (optional)

Preparation

1. Combine first 6 ingredients, stirring well. Place chicken in a zip-top plastic bag. Add 3/4 cup beer mixture to bag; seal. Reserve remaining beer mixture. Marinate in refrigerator for 1 hour, turning occasionally. Combine onion, bell peppers, and remaining beer mixture in a zip-top plastic bag, and seal. Marinate for 1 hour at

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room temperature.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and black pepper. Add chicken to pan; cook for 2 minutes on each side or until done. Remove chicken from pan; keep warm. Remove onion and bell peppers from bag, and discard marinade. Add onion mixture to pan; cook for 6 minutes or until tender, turning after 3 minutes. Toast tortillas in pan, if desired. Place 2 tortillas on each of 4 plates, and divide chicken mixture evenly among tortillas. Divide onion mixture evenly among servings. Garnish with jalapeño slices. Serve with salsa, sour cream, and cilantro, if desired.

Julianna Grimes, *Cooking Light*
JANUARY 2011

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ChristalH

We loved this. I have 5 little boys and they all liked it as well. I am not a beer drinker, but did buy the six pack of the dark beer recommended in the magazine. I went to the meat market and bought a ton of chicken and made a bunch of "freezer meals" of the fajitas, so the beer got all used up making that. The only thing I didn't do was use Worcestershire sauce as I didn't have any on hand. When making the fajitas for the freezer I prepared the marinade and chicken in one bag and the veggie marinade in another (minus the veggies). When I go to make the fajitas (we're on our last bag now) I pull the bag out a couple days before we're going to use it, let it thaw in fridge (while marinating) and cut up my veggies to put in the reserved marinade for an hour before cooking. Super simple summer meal that everyone loves.

★★★★★ *Outstanding* 06/13/11

Dorothy55

This recipe is delicious and light. I steamed the vegetables in the fry pan and they were perfect. I substituted a tblsp of teriyaki sauce for the salt. I served it with salsa and no fat sour cream. My husband and I both loved it. The preliminary work is well worth it!

★★★★★ *Outstanding* 05/25/11

SBHereICome

Great fajitas recipe. I like that it is so tasty and much less greasy than a Mexican restaurant.

★★★★☆ *Good, solid recipe* 05/09/11

msupsy

Recipe was delicious and tasted just like the fajitas at my favorite Mexican restaurant. I made these for a fiesta themed

party, and my friends loved them, too. I substituted beef broth for the beer since I don't like to drink dark beer and didn't want to buy a six-pack. Also, I cooked the vegetables a few minutes longer than suggested because I don't like them crunchy. There is a lot of prep work though, so you do have to plan ahead for chopping and soaking in the marinade.

★★★★★ *Worthy of a special occasion* 03/20/11

dallastx

These fajitas were colorful, flavorful and very good leftovers as well. This will be a reliable fajita recipe for us.

★★★★★ *Worthy of a special occasion* 03/08/11

Reesie39

Good recipe but nothing special. Good flavors but not any better than any other fajita recipe.

★★★★☆ *Good, solid recipe* 01/20/11

Barbara123

the flavors were outstanding! We used Frontera Grill double roasted tomatoes and roasted onions and jalepanos salsa. Together it was delicious.

★★★★★ *Outstanding* 01/09/11

valthepal6

This was very good and I will make it again. I served it with guacamole and refried beans. The only reason I didn't give it more stars is because it doesn't seem "fancy" enough for company. My whole family enjoyed it thoroughly.

★★★★☆ *Good, solid recipe* 01/06/11

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Chicken Fajitas Recipe at a Glance

COURSE: Main Dishes | CONVENIENCE: Entertaining, Make-Ahead | CUISINE: Mexican | MAIN INGREDIENT: Poultry
COOKING METHOD: Grill Pan, Marinate | PUBLICATION: Cooking Light

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