

Chicken

Chicken Fajitas

Cooking Light

Servings: 4

Preparation Time: 32 minutes

Start to Finish Time: 32 minutes

With chicken fajitas, a dark Mexican beer serves as both a marinade ingredient and the ideal thirst-quenching companion. This style of beer arrived in Mexico from Germany, and classic examples like Negra Modelo offer clean, malty flavors that balance spicy jalapenos, while caramel and chocolate nuances work with the smoky grilled flavors.

MARINADE

3/4 cup dark Mexican beer

2 tablespoons low-sodium soy sauce

2 tablespoons fresh lime juice

1 tablespoon canola oil

1 tablespoon Worcestershire sauce

3 cloves garlic, crushed

INGREDIENTS

1 pound boneless/skinless chicken breast, cut across grain into 1/2-inch-thick strips

1 cup onion, sliced

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 jalapeno pepper, thinly sliced

salsa (optional)

reduced-fat sour cream (optional)

fresh cilantro leaves (optional)

Combine the first six ingredients in a bowl to create marinade. Pour 3/4 cup of beer mixture into a zip-top plastic bag. Reserve the remaining beer mixture.

Add chicken breast halves to bag; seal. Marinate in refrigerator for 1 hour, turning occasionally.

Combine onion, bell peppers and the reserved beer mixture in a second zip-top bag; and seal. Marinate at room temperature for 1 hour.

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 pepper. Add chicken to pan; cook 2 minutes on each side or until done. Remove chicken from pan; keep warm.

Remove onion and bell pepper from bag; 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 two tortillas on each of four plates, and divide chicken mixture evenly among tortillas.

Divide onion mixture evenly among servings.

Garnish with jalapeno slices. Serve with salsa, sour cream and cilantro, if desired.

Per Serving (excluding unknown items): 536 Calories; 14g Fat (23.2% calories from fat); 14g Protein; 89g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1161mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.