



## DINNER

### Crock Pot Chicken Fajitas

Makes 4 servings (serving size = 1 cup of fajitas and ¼ cup salsa)

#### Ingredients

##### *Fajitas*

1 lb of chicken raw  
 ½ teaspoon cumin  
 1 ½ teaspoons chili powder  
 1 teaspoon garlic powder  
 2 bags frozen pepper and onion stir fry  
 sodium)  
 ¼ teaspoon salt

##### *Salsa*

3 tomatoes  
 1 small onion  
 3 tablespoons fresh chopped cilantro  
 ¼ teaspoon salt  
 (if using commercial salsa, <135mg

#### Directions:

Add chicken, frozen peppers and onions, spices and salt to the crock pot. Cook on high for 4 hours or low for 6-8 hours until chicken is white throughout. Chop tomatoes, onions, and cilantro, and mix in a bowl. Add ¼ teaspoon of salt. Serve salsa over chicken.

#### Nutrition information per serving:

Calories: 215 Fat: 2g Saturated fat: 1g Protein: 29g Carbohydrates: 19g Fiber: 4g Sodium: 350 mg

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O, 1F
Fajita with salsa (PP, V)	Fajita with salsa (PP, V)	Fajita with salsa (PP, V)
½ cup refried beans (S, P)	½ cup refried beans (S, P)	½ cup refried beans (S, P)
1 cup chopped lettuce (V)	1 oz (¼ cup) low-fat cheese (P)	1 oz (¼ cup) low-fat cheese (P)
2 tbsp avocado OR low-fat salad dressing (O)	1 cup chopped lettuce (V)	1 cup chopped lettuce (V)
1 cup cantaloupe/melon (F)	2 tbsp avocado and 2 Tbsp low-fat salad dressing (OO)	2 tbsp avocado and 2 Tbsp low-fat salad dressing (OO)
	1 80-calorie tortilla (S)	1 medium 160-calorie tortilla OR 2 small 80-calorie tortillas (SS)
	1 cup cantaloupe/melon (F)	1 cup cantaloupe/melon (F)