

Chicken Fajitas

Ingredients

1/3 cup juice from 3-4 limes
6 tablespoons olive oil
2 tablespoons Worcestershire Sauce
salt & ground black pepper to taste
2 boneless, skinless chicken breasts
1 medium red onion chopped
2, sliced multi-colored bell pepper strips

Directions

1. In a medium bowl, whisk together the lime juice, 4 tablespoons of the oil, worcestershire sauce, salt and pepper. Slice the chicken breast into strips. Place the chicken and marinade in a quart sized storage bag (Ziploc) and refrigerate 15 min.
2. After the chicken has marinated, heat a pan over medium high heat. Place chicken and marinade in grill pan, tossing until cooked and the marinade is absorbed/evaporated. The chicken will start to brown and caramelize.
3. When the chicken starts to brown and caramelize, add the sliced red onion and bell pepper strips. Cook until onions and peppers begin to caramelize.