

Emon juice 2

Add salt and pepper to taste

Entree

FAJITA PITA

4 pita pockets

1 lb. boneless chicken, cut in strips 1 green or red pepper, seeded and cut into thin strips

1 tsp. vegetable oil

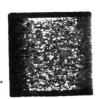
1 tsp. lime juice

Heat oil in a skillet. Add lime juice and chicken; stir-fry until chicken is tender, about eight minutes. Add peppers and cook three more minutes. Stuff mixture into pita pockets; add picante sauce (optional). Yield: 4 servings. Calories per serving: 263. Fat: 5 grams. Time involved: 15 minutes.

Combineal ingredients
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ing V5 - Ray Agrans. Times

vinvolved 15 minutes (plus refrigeration)





Duick & Easy!

Thereat Meals,

Special

Report, Home Warrang,

Why I August 1993,

White Communications Lit.



