

## Robert & Katherine Franklin

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**From:** rjfrank [rjfrank@hotmail.com]  
**Sent:** Monday, February 10, 2014 5:03 PM  
**To:** bob@fbobkat.com  
**Subject:** Fwd: Recipe for Baked Chicken Fajitas - Heart Healthy

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From rjfrank <rjfrank@hotmail.com>  
Date: 02/09/2014 7:47 PM (GMT-08:00)  
To Robert & Katherine Franklin <rjfrank@hotmail.com>  
Subject Recipe for Baked Chicken Fajitas - Heart Healthy

Baked Chicken Fajitas - Heart Healthy

(original url: <http://www.allthecooks.com/baked-chicken-fajitas---heart-healthy.html>)

Ingredients

Meat

1 pound - boneless skinless chicken breast cut into strips

Vegetables

1 can - diced tomatoes no sodium added

1 onion sliced

1/2 red bell pepper strips

1/2 green bell pepper strips

Spices

2 tablespoon - vegetable oil

2 teaspoon - chili powder

2/10/2014

1 1/2 teaspoon - ms dash sw chipotle

1/2 teaspoon - garlic powder

1/2 teaspoon - dried oregano

Prep time is 30 min, serves 8.

#### Directions

1 Preheat oven to 400°F

2 Place chicken strips in a greased 13 by 9 baking dish

3 In a small bowl combine the oil, chili powder, sw chipotle, garlic powder and the dried oregano

4 Drizzle the spice mixture over the chicken and stir to coat

5 Next add the tomatoes, peppers and onions to the dish and stir to combine

6 Bake uncovered for 20 to 25 minutes or until chicken is cooked through and the vegetables are tender

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