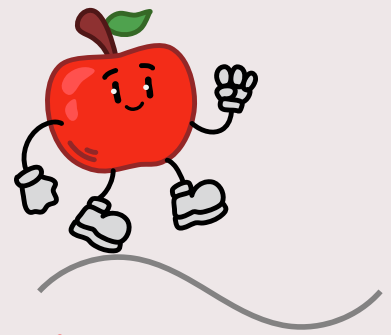


# ONE PAN FAJITA NOURISH BOWL RECIPE



## Ingredients

- 1-2 Chicken Breast depending on size
- 1 and ½ chopped bell peppers (any color)
- 1 tsp paprika
- ¼ salt
- ½ tsp chili powder
- ½ chopped onion (any color)
- ½ cup of a grain of your choice (for this recipe I did quinoa)
- 1 cup of broth (bone, chicken, or vegetable for a plant-based option)
- ½ cup salsa
- ¼ cup or less of low-sodium cheese
- **TIP: Choose a low-sodium broth to take a NOURISH step and be sodium-aware and check for added sugars on the salsa to be sugar-aware**

Recipe Creds: Jessicaleighkirk

*This recipe is high-protein and offers some tips for you to take a NOURISH step*



PREP TIME  
5-10 MIN



COOK TIME  
55 MIN



SERVINGS  
2-4 SERVINGS

## Instructions

1. Cube your 1-2 chicken breast and grab a large mixing bowl or a gallon zip lock bag and put your chicken in there. Throw your seasoning in the bowl (1 tsp paprika, ¼ tsp salt, ½ tsp chili powder)
2. Preheat oven to 375 degrees Fahrenheit and grab an 8 x 16 baking dish and spray with oil.
3. Slice your bell peppers and your onions into thin slices (Fajita Style- You can always look up a mixture or watch the video posted)
4. Put the ½ cup of salsa at the bottom of the pan and spread evenly
5. Spread your peppers & onions on top of the salsa evenly
6. Add your ½ cup of grain of your choice (I do find quinoa to work the best, but rice always works too)
7. Then you can pour your broth over the mixture in the pan
8. Mix the ingredients in the pan until the quinoa is submerged
9. Put the fajita mixture into the oven for 30 minutes (uncovered)
10. After the fajita mixture comes out of the oven, you can add your chicken from earlier and add your cheese if you want cheese
11. Mix until well-combined and throw back into the oven for 25 minutes
12. Make sure chicken is cooked at 165 degrees Fahrenheit

### Notes:

- Storage: Store in an airtight container in the freezer up to 5 days or freeze some and reheat later for up to 10 days