

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

CHICKEN FAJITA SALAD

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb ground chicken
- 2 tablespoons olive oil, divided
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 can low sodium black beans, drained and rinsed
- 1 packet (1 ounce) fajita seasoning
- 1 bag (5 ounces) spring mix
- 1/4 teaspoon ground black pepper
- 1 lime
- 1 medium avocado, diced

DIRECTIONS

1. In a large saute pan, cook the chicken for 7-10 minutes or until cooked through
2. Drain the chicken in a colander and heat 1 tablespoon olive oil in the warm pan
3. Add the peppers and onions and cook for 5-7 minutes
4. Return chicken to the pan and add drained black beans and fajita seasoning
5. Stir well to combine and cook 5 more minutes
6. In a large bowl, combine spring mix with 1 tablespoon olive oil black pepper, and the juice of 1/2 lime
7. Serve warm chicken mixture over greens, topped with diced avocado

NUTRITION BREAKDOWN

CALORIES

350

CARBS

24 GRAMS

PROTEIN

15 GRAMS

FAT

14 GRAMS

FIBER

8 GRAMS



Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>