



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### AMARILLO CHICKEN FAJITAS

2 teaspoons vegetable oil

4 boneless, skinless chicken breasts, cut into thin strips

1 teaspoon ground cumin

¼ teaspoon salt

1/8 teaspoon ground black pepper

1 medium onion, cut into thin wedges

2 medium bell peppers (1 red, 1 green), cut into thin strips

1 clove garlic, minced

1 tablespoon lime juice

2 teaspoons Worcestershire sauce

10 tortillas, warmed (6 to 7 inches)

Salsa

Sour Cream

1. Heat oil in large nonstick skillet over medium-high heat until hot.
2. Add chicken, cumin, salt, and pepper. Cook and stir for 3 to 4 minutes or until chicken is cooked through and lightly browned. Remove from skillet; cover to keep warm.
3. To skillet, add onion, bell peppers, garlic, lime juice, and Worcestershire sauce; mix well. Cook and stir for 4 to 5 minutes or until vegetables are crisp tender.
4. Return chicken to skillet; cook and stir until thoroughly heated.
5. To serve, place warmed tortillas on individual plates. Spoon about ½ cup chicken mixture onto each tortilla. Top with salsa and sour cream. Fold or roll up tortillas.

Makes 5 servings.

