

# Don's Fajitas

Chicken Fajitas tonight! When everyone gets to build their fajitas just the way they like 'em, they just taste better. They're the ultimate in finger food. It's called having a little skin in the game.

They're great with plant-based product or with optional chicken breast. And, speaking of skin, if you are using the optional chicken in your fajitas, cook your chicken without it. Either way you're in for some fabulous, fun, fingerlicious food!

**Preparation Time: 35 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). When making fajitas, that prep translates directly to the table as diners make their own fajitas. There are 2 different onion preps: 1 C. sliced onion for the fajitas and 1/2 C. chopped onion for salsa.

### Fajitas

#### Plant-based Choice:

1 tsp. olive oil  
15-20 Plant-based Chik'n Strips  
1/4 C. white wine

#### Optional Chicken:

1 tsp. olive oil  
2 boneless skinless chicken breast  
1/2 C. white wine

#### Vegetables

1 tsp. olive oil  
1 C. medium yellow onion (Sliced 1/8" thick)  
2 cloves garlic (smashed and chopped)  
2/3 C. green bell pepper (seeded and cut into strips)  
2/3 C. red bell pepper (seeded and cut into strips)  
1/4 C. low-sodium vegetable broth  
1 tsp. chili powder  
1/4 tsp. ground cumin  
four 6" whole-wheat flour tortillas  
2 ripe Roma tomatoes (chopped)  
6 large red-leaf lettuce leaves (washed, rolled together and sliced)  
1/3 C. grated, extra-sharp cheddar cheese  
1 C. nonfat, plain yogurt (stirred smooth)

### Quick, Low-sodium Tomato Salsa

2 cloves garlic (smashed and chopped)  
1 Anaheim pepper (seeded and quartered)  
1/2 of a jalapeño pepper (seeded and finely chopped)  
1/4 C. fresh cilantro (chopped)  
1/2 C. yellow onion (chopped)  
juice from 1 lime  
1/4 tsp. salt  
one 15 oz. can no-salt tomatoes

### Fruit Finish

2 kiwis (halved)  
or  
1 orange (sliced in 1/4" slices and slices halved)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

You'll be cooking the meat and searing the onions and peppers tonight. Beyond that, most of the prep will go directly to the table. It's one of those family-style dinners.

### Meat Preparation

#### Plant-based Choice:

1. Brown Chick'n strips in measured olive oil over medium-high heat. Add white wine, cover and cook until wine disappears.
2. Once cool enough to handle, slice in half lengthwise.

#### Optional Chicken:

1. Coat sauté pan with olive oil. Begin sautéing chicken on medium-high heat. Sauté until both sides are golden brown.
2. Add white wine, cover and cook 5 minutes per side. Remove from heat and allow to cool. When cool enough to handle, thin-slice for fajitas.

### Quick, Low-sodium Salsa

#### If making by hand:

1. Combine all ingredients in a medium-sized bowl.
2. Stir well and let stand.

#### If using a food processor:

1. Chop all ingredients (except diced tomatoes) in a food processor until finely chopped.
2. Add canned tomatoes and pulse a few times to mix. Let stand.

### Sear Vegetables, Warm Tortillas and Serve

1. Heat oil in a sauté pan until it begins to shimmer. Drop in sliced onions, garlic and peppers and brown slightly.
2. Add vegetable broth and spices. Sauté 1-minute. Remove from heat. Transfer to a bowl.
3. Warm 4 tortillas in microwave by sprinkling tortillas with water and stacking tortillas between two serving plates. Microwave 40 seconds. (If you don't have a microwave, warm them individually in a 9" non-stick pan on the stovetop.)

Arrange all ingredients (tomatoes, lettuce etc.) in separate dishes on counter-top or at the table. Allow diners to assemble their own fajitas. Set cut fruit of choice out as a side dish.

### What I've Learned from this Recipe

When cooking plant-based Chick'n strips, I prefer the strips to be thinly sliced. Slicing them lengthwise presents pieces that behave more like actual chicken. I even break the thin slices into irregular lengths.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)