

Healthy Chicken Fajita



Description

Chicken Fajita goes Healthy! Did you know that Labneh moisturizes and tenderizes chicken in a subtle way without the extra calories usually found in oil used abundantly in regular fajitas.

| | | | |
|-----------|----------|------------|----------------------|
| 6 | Serves | 75 | Mins Prep |
| 75 | Min Cook | 415 | Calories Per Serving |

Ingredients

- 1 kg sliced chicken breast
- 200g labneh light
- 400g Mexican salsa sauce
- 4 tbsp fajita spices
- 10 fresh sliced mushrooms
- 1 red bell pepper
- 1 yellow bell pepper
- 1 sliced onion
- 2 tbsp canola oil

Buy ingredients from this recipe

5 Ingredients



Recipe By

Nicole Maftoum

Entrepreneur, Dietitian, Food blogger and Home cook, Nicole Maftoum is the founder of Eat Like Nicole. She was born and raised in a house where cooking and eating were the essence of showing love and celebrating life in all its forms. Inspired from h..

Method

1. In a large mixing bowl mix the chicken with labneh, Mexican salsa sauce and fajita spices.
2. In a pan place the mushrooms, bell peppers and onion slices over medium heat and pan-fry for 4 min.
3. Place the chicken in a pan over medium heat and stir until chicken is well done.
4. Mix the chicken with the veggies and serve with tortilla wraps or cauliflower rice.

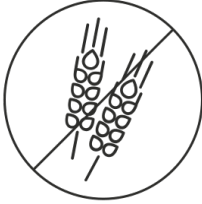
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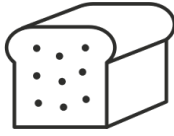
Dietary & Lifestyle Information



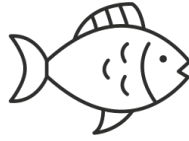
Keto Friendly



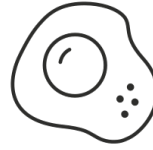
Gluten Free



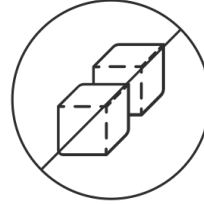
Low Carb



Pescatarian



Protein Rich



Diabetes
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