

This dish will transport you to your favorite Mexican restaurant all from the comfort of your own home. Not only can it be prepared all on one baking sheet, but it's a great healthy meal the whole family will love that does not sacrifice any flavor.

Makes ~4-6 servings

Ingredients:

- 1.5 lbs. chicken breasts or tenders, cut into strips
- 3 bell peppers, sliced (1 each of red, yellow, and green recommended)
- 1 red onion, sliced
- 2 T olive oil
- 1 T chili powder
- 2 tsp garlic powder
- Salt and pepper to taste
- Whole wheat flour or corn tortillas
- 2 avocados
- 1 lime
- 1 tbsp minced garlic
- 1/3 cup fresh salsa

Optional Ingredients (as additional toppings):

- Plain Greek yogurt or sour cream
- Salsa
- Black beans
- Shredded low-fat cheese
- Shredded lettuce

Equipment Needed:

- 1 large baking sheet (option to line with foil or parchment paper)
- 2 knives
- 2 cutting boards
- Large bowl (or several gallon plastic bag)
- Small bowl
- Oven
- Tongs
- Meat thermometer (optional)

Instructions:

1. Preheat oven to 400 degrees
2. Combine chicken strips, peppers, onions, olive oil, chili powder, garlic powder, salt, and pepper in a large bowl. Place on a lined baking sheet.
3. Bake the chicken, peppers, and onions in the oven for 10 minutes. Pull the tray from the oven, toss all ingredients using tongs, then place back in the oven for about 10 more minutes or until chicken is fully cooked.
4. To make guacamole, cut avocados in half and mash in a small bowl. Add in lime juice, garlic, salsa, salt and pepper to taste. Mix until well combined.
5. While the sheet pan bakes, prepare your additional sides (warm tortillas, , rinse and drain black beans from can, etc.)
6. Serve chicken and vegetables with desired toppings

Notes:

1. Serve over a bed of green leafy vegetables to increase your vegetable intake!
2. Instead of chicken, you can use fish, tofu, or chickpeas

Nutritionals (without additional toppings or guacamole):

Calories: 389	Fat: 12g (1 g saturated fat)	Sodium: 671 mg
Protein: 37g	Carbohydrates: 12g	

Nutritionals of Guacamole:

Calories: 130	Fat: 11g (2g saturated fat)	Sodium: 440mg
Protein: 1g	Carbohydrates: 8g	