

# Chicken Fajitas



I used to make these chicken fajitas more often during the summer than in winter because I would ask my husband to grill the chicken. Now that I live where it's warm all the time, chicken fajitas have become a staple on our dinner menu! The advantage to having someone else grill is that while that's

going on I can chop up and put all the fixin's in bowls. This recipe isn't rocket science, (none of mine are!) because I basically buy as many things already cooked, bagged or instant as I can so it becomes a fun and easy meal for me to make. Enjoy!

## Ingredients List:

- Flour tortillas
- Chicken breasts
- Salt and Pepper
- 1 can of refried beans
- Instant white rice
- Shredded lettuce
- 1 bag of shredded Mexican cheese
- Tomato
- Green Pepper
- Onion
- Sliced black olives
- Sour cream
- Salsa
- A bag of blue chips



## Instructions:



1 Wash the chicken breasts and pat them dry. Season with salt and pepper and send them to the grill with your husband. (Or if your husband is out of town and you are banned from using the grill because you left the gas on for a week...fry them in a skillet with olive oil.)

2 Open the can of refried beans, place beans in a small saucepan to heat on the stove. Start heating very slowly.

3 Prepare the instant white rice according to the manufacturers directions. This will probably have to go in the microwave for about 7- 10 minutes, so get it started.

4 I like to soften and heat the onion and green pepper. Just toss them in with some olive oil and cook on low heat, stirring them around to keep them from burning. You could add these to the chicken once the chicken is just about done.





5 While things are cooking, wash the tomato and dice it up and place in a small bowl. Pull out a variety of bowls and fill them up with shredded lettuce, shredded cheese, sliced black olives, sour cream, green pepper and onion, and one for salsa as well. Bring out spoons or tongs for all ingredients.

6 Keep stirring the refried beans until hot and transfer to a covered dish. Take the white rice out of the microwave and by now the chicken should be almost done. Use a fork and sharp knife to cut the chicken into strips.



7 Last, place the flour tortillas on a microwave safe plate with paper towels on top and put them in the microwave for about 30 seconds right before serving.

Now the real fun begins as everyone builds their own custom fajitas! Everyone has their own likes and dislikes when it comes to the perfect fajita, so add or subtract ingredients to my list as you see fit. A basket with some blue chips and a side of salsa and sour cream finish the meal off just right!

It might not seem that way at first glance, but this can be a very filling dinner. It all depends on how many ingredients you stuff into your fajita! (Notice I had to use a toothpick to keep my fajita closed I stuffed it so full.)

Shari