



Chicken Fajita Salad

shared by:

Command & Business Operations Center
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We decided to try this lower-carb rendition of chicken fajitas by turning it into a salad. Marinating the chicken takes a little extra time, but the taste makes it worth the effort.

Ingredients

1 pound boneless, skinless chicken breast

2 tablespoons canola oil

1 large onion, sliced lengthwise root to tip in 1/4 inch pieces

2 bell peppers (one green, one red), sliced lengthwise top to bottom in 1/4 inch pieces

1 small head iceberg lettuce, thinly chopped and lightly dressed with salt and red wine vinegar

2/3 cup whole wheat tortilla or brown rice chips, crushed (optional)

1 cup reduced-fat cheddar cheese, shredded

Salsa

Sour cream

Marinade for chicken: 2 tablespoons lime juice, 3 tablespoons olive oil, 1 garlic clove minced, 1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/2 teaspoon chili powder, 1/4 cup chopped cilantro

Directions

Combine all marinade ingredients in a bowl, add chicken, and marinate for one hour. Sauté chicken in one tablespoon of canola oil using a heavy skillet. Set aside to cool, then slice diagonally into strips. Add remaining oil, onions, and peppers to the pan, stirring frequently until onions and peppers are lightly browned—about four minutes. Add the sliced chicken to the pan and stir. Remove from heat and set aside to cool. Place a portion of the dressed lettuce on four plates. Top with chicken, pepper, and onion mixture. Sprinkle with crushed tortilla chips, cheese, your favorite salsa, and a dollop of sour cream. Serves 4.

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