



COOK TIME: 20 MINS

PREP TIME: 10 MINS

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Ingredients

- 3 boneless, skinless chicken breasts
- 2 tbsp chopped garlic
- 1 cup diced red bell pepper
- ½ cup diced onion
- ½ cup riced cauliflower
- 2 cups cooked brown rice
- 2 bay leaves
- ¼ cup chicken stock
- Preferred oil or butter (enough to coat skillet)
- 1 lime cut into quarters
- Fajita seasoning*

Zesty Chicken Fajitas

Directions

1. Remove the chicken from the refrigerator and allow it to reach room temperature before preparing (about 20 minutes). This helps it stay moist and cook evenly.
2. Rinse the chicken and pat dry. Liberally season on both sides with fajita seasoning, reserving ½ tsp for the stir fry.
3. In a stockpot, combine the seasoned chicken breast, chicken stock, about 3 cups of water (enough to cover the chicken) and bay leaves. Bring to a boil, then lower the heat to a simmer. The chicken is done when it reaches an internal temperature of 165°F.
4. Remove the chicken from the stockpot and allow it to rest for two minutes. Shred the chicken by pulling it apart with two forks. Set aside.
5. Coat a skillet with oil over medium heat. Add diced onion, diced red bell pepper, chopped garlic and riced cauliflower. Mix the vegetables and cook until onions are translucent, and the vegetables are soft—about 4 to 5 minutes.
6. Add the shredded chicken, rice and remaining fajita seasoning to the pan. Cook until heated through. Sprinkle with the juice of ¼ lime.

Remove bay leaves before eating. This recipe can be frozen in batches and is good for up to 2 months.

Yield: 4-6 Servings

*Fajita Seasoning

Make your own at home with less salt and additives. Stir together all ingredients and store in an airtight container.

- 2 tsp chili powder
- 1 tsp salt
- 1 tsp paprika
- ½ tsp onion powder
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp oregano
- ¼ tsp cayenne powder