

Chicken Fajitas

Makes six servings (2 halves each)

Each serving has 100 calories, 1.5 grams (g) fat, 13 g protein, 7 g carbohydrate, 1 g fiber and 350 milligrams (mg) sodium.

- 2 green peppers, cut into strips
- 1 onion, cut into strips
- 3 chicken breasts, boneless, skinless
- ½ c. chicken broth
- 1 taco seasoning packet
- 1 tsp. chili powder
- ½ tsp. paprika
- 1 tsp. salt

To Freeze: Place all ingredients in a gallon-size zip-top bag and put in the freezer. When ready to make thaw in the fridge for 24 hours.

To Cook: Place in a slow cooker on low for 5 to 6 hours. Heat to an internal temperature of at least 165 F. When done, shred meat and serve on tortillas.
