

# Chicken Fajitas with Asparagus Sauce

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## Servings: 6

*3 tablespoons butter, separated*  
*1 pound boneless/ skinless chicken breasts, cut in thin strips*  
*1 medium tomato, diced*  
*1 small onion, sliced*  
*2 cups mushrooms, sliced*  
*1 tablespoon lemon juice*  
*2 tablespoons honey*  
*1 teaspoon curry powder*  
*1 can (10-3/4 ounce) cream of asparagus soup*  
*1/2 cup milk*  
*1 tablespoon Worcestershire sauce*  
*8 thin slices Swiss cheese*  
*8 eight-inch soft tortillas*

In a medium skillet, melt two tablespoons of butter. Add the chicken and saute' on medium-high heat until white. Drain and remove from the skillet.

In the same skillet, melt the remaining butter. Saute' the onion, tomato and mushrooms until just tender. Add the lemon juice, honey, curry powder and chicken. Stir until heated all the way through. Remove from the heat.

Preheat the oven to 350 degrees.

To assemble a fajita: Place one tortilla on a flat surface. Place one-half piece of cheese in the middle of the tortilla. Spoon on approximately 3/4 cup of the chicken mixture. Top with the othe half of the cheese. Fold the tortilla, closing the sides in (like an egg roll). Place on an ungreased cookie sheet.

Bake for 15 to 20 minutes until golden.

Meanwhile in a small saucepan, stir together the soup, milk and Worcestershire sauce until heated through.

Serve immediately topped with asparagus sauce.

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Per Serving (excluding unknown items): 757 Calories; 53g Fat (62.5% calories from fat); 55g Protein; 16g Carbohydrate; 1g Dietary Fiber; 188mg Cholesterol; 520mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat; 1/2 Other Carbohydrates.