
Chicken Fajitas

Lorraine Palladino

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MARINADE

1 cup oil

lime juice

1 teaspoon oregano

1/2 teaspoon ground cumin

2 tablespoons Worcestershire sauce

2 tablespoons chili powder (or more)

salt

pepper

FAJITAS

2 large Spanish onions, sliced

2 large green peppers, sliced

2 cloves garlic, minced

2 to 3 pounds chicken cutlets, marinated

flour tortillas

sour cream

guacamole

chopped tomatoes

Make the marinade: In a large Ziploc bag or plastic container, combine the oil, lime juice, oregano, cumin, Worcestershire sauce, chili powder, salt and pepper. Add the chicken and seal the bag.

Marinate for several hours or overnight.

Discard the marinade.

Cook the chicken on the grill.

In a skillet, saute' the onions, peppers and garlic.

Serve the chicken and the fajitas with the saute'd vegetables on the side. Serve with side dishes of sour cream, guacamole, and chopped tomatoes.

(NOTE: In a hurry, cook everything on the stove top or even in the oven.)

Chicken

Per Serving (excluding unknown items): 2154 Calories; 219g Fat (89.4% calories from fat); 7g Protein; 52g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 311mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 1/2 Vegetable; 43 1/2 Fat; 1/2 Other Carbohydrates.