



Budget Friendly Meals:

Chicken Fajita Casserole



Ingredients

- 1½ pounds chicken breasts skinless and boneless
- 2 tablespoons fajita seasoning
- 1 tablespoon vegetable oil
- 2 medium bell peppers cut into strips
- 1 medium yellow onion sliced
- 1½ cups shredded cheese
- fresh chopped cilantro for garnish

Directions

1. Preheat oven to 400°F (200°C).
2. In the baking dish, season the chicken breasts with fajita seasoning and oil. Make sure that the seasoning is well distributed.
3. Top the chicken with sliced bell peppers, and onion. Sprinkle a little bit more seasoning and top with shredded cheese.
4. Bake the chicken casserole in the oven uncovered for 25-30 minutes.
5. Serve immediately, garnished with fresh cilantro leaves if desired.

Nutrition Facts

1 serving: 388kcalories, 18g fat (9g saturated fat), 153mg cholesterol, 483mg sodium, 5g carbohydrate, 1g Fiber, 3g Sugar, 50g Protein, 2203IU Vitamin A, 78mg Vitamin C, 226mg Calcium, 1mg Iron.