

CHICKEN OR BEEF FAJITAS

Sizzling peppers and onions with your choice of chicken or skirt steak



INSTRUCTIONS

1. Prep the vegetables

- 1 medium onion, cut into slivers
- 3 bell peppers (red, yellow, green, or orange), sliced
- 1 lime

2. Make the marinade and season the meat

- Juice of 1/2 lime
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp cumin (optional)
- 1/2 tsp salt
- 3 boneless skinless chicken breasts (about 1 lb), cut into strips, OR 1 lb skirt steak, sliced into strips against the grain

Combine the lime juice and all the spices in a bowl. Toss the chicken or beef strips in the mixture to coat.

3. Cook the meat

- 2 tbsp beef tallow or avocado oil, divided

Preheat 1 tbsp of tallow or oil in a skillet over medium-high heat. Add half the meat in a single layer (don't overcrowd the pan) and cook until done, about 3-5 minutes for chicken or 2-3 minutes per side for skirt steak. Remove and set aside. Repeat with the remaining meat, adding the second tablespoon of tallow or oil to the pan.

4. Cook the vegetables

- 1/4 tsp salt

Set the cooked meat aside. Add the onions to the same pan and cook 2 minutes. Add the peppers and remaining salt, and cook another 2 minutes, or until just tender. Add the meat back to the pan and stir to combine.

5. Finish and serve

Squeeze the remaining lime over the top. Serve spooned into large lettuce leaves (like romaine or butter lettuce) in place of a taco shell.

OPTIONAL TOPPINGS

- Sour cream
- Mashed avocado or guacamole

A NOTE ON THE BEEF

Skirt steak is the classic, traditional cut for fajitas, prized for its intense beefy flavor, and it's what you'll find at most Mexican restaurants. Just make sure to slice it thinly against the grain (look for the lines running across the meat and cut perpendicular to them), or it can turn out chewy.

NUTRITION (per serving, makes about 4 servings, chicken version)

- Calories: 286
- Total Fat: 13g
- Total Carbs: 11g
- Fiber: 3g
- Net Carbs: 8g
- Protein: 29g

STORAGE

Keep in an airtight container in the fridge for 3-4 days.