

# Fajitas

This is a popular Mexican dish that always includes grilled meat, shrimp, or chicken and tortillas, often with grilled onions and peppers. With all the yummy add-your-own toppings, it makes a meal in itself—or serve it with a spicy black bean salad. The *j* in Spanish sounds like an *h*, so you pronounce it fah-*hee*-tahs. Be sure to marinate the meat long enough to make it tender and flavorful, but not so long that the acid in the marinade makes the meat mushy.

ADULT NEEDED: YES • HANDS-ON TIME: 35 MINUTES • TOTAL TIME: 45 MINUTES • MAKES: 6 SERVINGS

## KITCHEN GEAR

Cutting board  
Sharp knife (adult needed)  
Measuring cup  
Measuring spoons  
Medium-sized shallow glass or ceramic bowl  
Large skillet  
Heatproof plate  
Heatproof spatula or tongs  
Pot holder

## INGREDIENTS

1 pound boneless, skinless chicken or turkey breasts, trimmed of fat and cut into thin strips  
¼ large red onion, coarsely chopped  
½ cup salsa  
¼ cup chopped fresh cilantro leaves  
¼ cup fresh lime juice  
¼ cup orange juice  
¼–½ teaspoon crushed red pepper flakes

1 tablespoon vegetable or olive oil  
2 red onions, thinly sliced  
2 red or yellow bell peppers, cored, seeded, and thinly sliced  
8–12 flour tortillas

## For serving the fajitas:

Freshly chopped cilantro  
Plain yogurt  
1 avocado, thinly sliced  
Salsa

## INSTRUCTIONS

1. Put the chicken strips in the bowl and add the onion, salsa, cilantro, lime juice, orange juice, and red pepper flakes. Cover and refrigerate at least 1 hour and no more than 4 hours. Drain well, discarding all but the chicken.
2. Turn the oven on and set it to 250 degrees.
3. Put the skillet on the stove and turn the heat to medium. When it is hot, add 1½ teaspoons oil. Add the onions and peppers and cook until they begin to soften and brown, 10 to 15 minutes. Move the vegetables to the plate and put the plate in the oven to keep warm.
4. Wrap the tortillas in aluminum foil and put them in the oven to warm.
5. Using the same skillet you cooked the vegetables in, put it on the stove and turn the heat to high. Add the remaining 1½ teaspoons oil. Add the chicken strips and cook until they have browned, 2 to 3 minutes on each side, turning once.
6. Carefully take the plate with the peppers and tortillas out of the oven. Move the peppers to one side and add the chicken tenders.
7. Serve, buffet style, with the yogurt, avocado, and salsa on separate plates or bowls, allowing each person to assemble their own fajita.

