



## CHICKEN FAJITA LETTUCE CUPS

Final Lifestyle

### Ingredients:

- 3 medium iceberg lettuce leaves (or leaves from another round, firm head of lettuce)
- 4 oz. raw boneless, skinless lean chicken breast, sliced
- ½ cup sliced red and green bell peppers
- ½ cup sliced onions
- 2 TBS guacamole
- 1 TBS salsa
- 1 TBS fat-free sour cream
- 1-1/2 TSP dry fajita seasoning mix

### Instructions:

1. Place chicken, peppers and onions in a medium bowl. Blend fajita seasoning mix with 3 TBS water and pour mixture over the chicken and vegetables. Stir so that chicken and veggies are thoroughly coated. Let marinate for 5 minutes.
2. Spray a medium pan with nonstick spray, and bring to a medium-high heat. Pour chicken-veggie mixture (including any excess marinade) into the pan. Moving mixture around occasionally with a spatula, cook until chicken is cooked through and vegetables are slightly browned (about 6 minutes).
3. Transfer mixture to a bowl. Load up each lettuce "cup" with 1/3 of the mixture, and top each off with the guacamole, salsa, and sour cream.

### Portion-Per-Serving Information: (Yields 1 servings)

Serving = 3 filled lettuce cups = 1 P, 2 V, ½ FT