

Sheet Pan Fajitas

FAJITA INGREDIENTS

- ½ pound of chicken tenders, or sliced boneless, skinless chicken breasts*
- ½ of a red onion, sliced
- 1 large red, orange, or yellow bell pepper
- 3 cloves garlic, minced
- 3 tablespoons olive oil
- 1 teaspoon paprika
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- Tortillas, warmed
- 2 tablespoons cilantro, torn**
- 2 tablespoons lime juice, or the juice of one large lime



AVOCADO SAUCE INGREDIENTS

- 2 avocados
- ½ cup cilantro, torn
- 1/3 of a cup of lime juice (about 2 limes)
- 1 small jalapeño, seeds removed, roughly chopped***
- ½ teaspoon salt
- ¼ cup water

OPTIONAL ADD-ONS

- Your favorite salsa or hot sauce
- Sliced or pickled jalapeño
- Shredded cheese
- Sour cream

*If you don't eat chicken, substitute 2 cups halved mushrooms.

**If you aren't a fan of cilantro, you can skip using this ingredient.

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***if you are sensitive to spice, I recommend only using half of a jalapeño. Alternatively, you can omit it and mash the avocado together with the other seasonings.

SUPPLIES

- Cutting board
- Measuring cups
- Measuring spoons
- Kitchen scissors
- Knife
- Large mixing bowl
- Food processor or blender (for the sauce)
- Citrus juicer (if you have one!)
- Garlic press (if you have one!)
- Rimmed sheet pan
- Aluminum foil or parchment paper
- Timer (or cell phone)
- Oven (or toaster oven!)
- Oven mitts
- Optional: latex or nitrile gloves can be used to protect yourself when cutting the jalapeño.
- Optional: a [cut resistant safety glove](#) can be helpful for folks who may be uncomfortable using a knife.

INSTRUCTIONS

1. **Gather** all of the ingredients and supplies to set up your cooking station. **Wash** your hands and all of your fresh produce.
2. **Preheat** the oven to 425°F. **Line** the sheet pan with aluminum foil or parchment paper.
3. **Prepare** the fajitas:
 - a. **Measure** out the spices and **add** to the large bowl: 3 tablespoons olive oil, 2 teaspoons cumin, 1 teaspoon paprika, 2 teaspoons chili powder, and the salt and pepper. **Mix** well.
 - b. **Add** the chicken to the large bowl with the spices and **mix well**. If using uncut chicken breasts, **slice** into thin strips before adding.
 - c. **Chop** the bell pepper into thin slices. **Add** to the large bowl.



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- d. **Chop** the onion into thin slices. **Add** to the large bowl.
 - e. **Peel** the garlic cloves. **Mince or crush** using a garlic press and **add** to the large bowl. **Mix well.**
 - f. **Spread** the mixture onto the sheet pan and **bake** in the oven for 25 minutes or until the chicken is cooked through. **Set** a timer to remember. (If you are using a toaster oven, remember to check on your fajita ingredients about halfway through their set cooking time, and shorten cooking time as needed.)
4. **Prepare** the toppings.
- a. **Prepare** the cilantro. **Chop** with a knife, **cut** with scissors, or **tear** into small pieces using your hands. **Set aside.**
 - b. **Cut** the lime in half. **Squeeze** the juice over the fajitas once out of the oven. **Remove** any seeds.
5. **Prepare** the avocado sauce. (Optional)
- a. **Cut** the avocados in half. **Scoop** out the avocado flesh and **add** to your blender or food processor.
 - b. **Cut or tear** the cilantro into small pieces using your hands or kitchen scissors. **Add** to the blender bowl.
 - c. **Cut** the limes in half. **Squeeze** the juice of the 2 limes over the bowl. **Remove** any seeds.
 - d. Carefully **cut** the jalapeño in half and **remove** the seeds. **Chop** into pieces and **add** to the bowl.
 - e. **Measure** out ½ teaspoon salt. **Add** to bowl.
 - f. **Measure** out ¼ cup water. **Add** to bowl.
 - g. **Blend** the sauce together for 30 seconds or until everything is well mixed.
6. **Assemble** your fajitas!
- a. **Warm** your tortillas by either microwaving them for 30 seconds or by wrapping them in foil and putting them in the oven for 5 minutes.
 - b. When the fajitas are out of the oven, **toss** with the lime juice and cilantro. **Serve** on a warm tortilla and **add** the avocado sauce and additional toppings, if using, over the fajitas. **Serve and enjoy!**