

## Chicken Fajitas







Recipe Rating	
Total Time	55 Minutes
Cooking Time	40 Minutes
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or
Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (119g) / par 1 serv (119g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 220	
<b>Fat / Lipides</b> 8g	<b>12%</b>
Saturated / satures 4g	
+ Trans / trans 0g	<b>21%</b>
<b>Cholesterol / Cholesterol</b> 50mg	
<b>Sodium / Sodium</b> 170mg	<b>7%</b>
<b>Carbohydrate / Glucides</b> 21g	<b>7%</b>
Fibre / Fibres 5g	<b>20%</b>
Sugars / Sucres 2g	
<b>Protein / Proteines</b> 19g	
Vitamin A / Vitamine A	7%
Vitamin C / Vitamine C	70%
Calcium / Calcium	15%
Iron / Fer	10%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Chicken, Breast Strips, Cooked	1 Kg	2.2 Lbs	2 Kg	4.4 Lbs
Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Red Peppers, Fresh, Diced	520 gm	1.2 Lbs	1.04 Kg	2.4 Lbs
Fajita Spice Mix (see recipe)	10 mL	2 tsp	20 mL	4 tsp
Cheddar Cheese	275 gm	9.7 oz	550 gm	1.21 Lbs
Tortilla, Flour (Whole Wheat)	25 each	25 each	50 each	50 each

Method	
	<p>1. Wash and remove core from red peppers. Peel onions. Diced red pepper and onions.</p> <p>In a large bowl, combine all ingredients except cheddar cheese and tortillas.</p>
	<p>2. On an open tortilla shell, place a 65 gm portion of the chicken mixture and an 15 gm portion of cheese.</p> <p><b>Bulk:</b> place open shells in ½ size- 2” deep production pans that have been prepared with nonstick spray. Cover the middle half of the pan with aluminum foil, leaving the ends uncovered.</p>
<p><b>Cold Plating:</b> Plate tortilla shells cold prior to tray assembly.</p>	
	<p>3. <b>Bulk:</b> Place pan in Multigen for 40 minutes.</p> <p><b>Cold Plating:</b> Place on the hot side of the tray to retherm prior to service.</p>
	<p>4. Serve Hot.</p>
<p>Garnish: <b>Fresh Tomato Salsa</b></p>	
<p>Food Accompany: <b>Vegetable side salad</b></p>	

