

# Illini Fajitas

## Ingredients for 6 Fajitas:

Homemade Illinois Blue Corn

Tortillas:

- 3/4 cup Illinois blue corn flour
- 1/2 cup warm water

Chicken Fajitas:

- 1.35 lbs. raw boneless chicken breasts sliced into thin strips
- 2 tbs. canola oil
- 1 large orange bell pepper sliced
- 1/2 onion chopped
- 1/2 of a 1.12 oz. McCormick fajita seasoning packet



These fun Illini-themed fajitas have the added health benefits of using blue corn flour, which has less starch and is rich in antioxidants and more protein. These fajitas have zero added sugar. Making tortillas from scratch is healthy and fun! Adding your favorite vegetables is a great way to personalize and add nutrients to your meal.

## Directions:

1- Mix water and Illinois blue corn flour in a large bowl by hand. Mix until dough is firm and not crumbly or sticky. Add small amounts of flour or water if needed.

2- Section and roll the dough into 6 balls (the size of golf balls), then let them rest in a covered bowl for 5 minutes.

3- While heating up your griddle to 250 degrees, use a tortilla press or large pan and parchment paper to flatten the dough into tortilla shapes.

4- Place each tortilla on the griddle for 15 seconds, then flip and let sit for 50 seconds, then flip again for 50 more seconds. Put warm tortillas in a stack and cover with a clean kitchen towel.

5- In a large pan on medium heat, sauté the peppers and onions in canola or olive oil.

6- Put the chicken in a bag and shake with the fajita seasoning.

7- When vegetables are done, set aside and cook the chicken in the pan until it reaches 165 degrees.

8- When fully cooked, combine the vegetables with the chicken and keep warm until ready to eat.

9- Reheat the tortillas on the griddle, then place the chicken and vegetables into the tortilla shells. Fajitas can be topped with tomatoes, bell peppers, avocado, fat free sour cream, or anything else you prefer. Can be served with brown rice.

1 serving = 1 fajita

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(153g)</b>
<b>Amount Per Serving</b>	<b>240</b>
<b>Calories</b>	
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	9%
Saturated Fat 0.9g	5%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 390mg	17%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 24g	48%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	