

# **GlucoMen**

## **Recipes**

### **Chicken Fajitas**

Serves 4 portions

#### **Ingredients**

1 Tbsp Olive oil  
8 tortillas (10 inch) – 2 per person  
3 boneless skinless chicken breasts, thinly sliced  
1 ½ medium red onions  
Green pepper, thinly sliced  
1 garlic clove, finely chopped  
2 tablespoons of Worcestershire sauce  
Pinch Salt and pepper to season  
3 medium ripe tomatoes, finely diced  
Juice of a lime  
Fresh basil, finely chopped  
150ml of low fat natural yogurt

#### **Method**

##### **Salsa**

1. Mix the finely diced tomatoes, diced ½ red onion and chopped basil together and add the lime juice.

##### **Tortillas**

1. Heat the oven to 200C
2. Wrap the tortillas in foil and place them in oven for 10-15 mins until warm.
3. Whilst the tortillas are heating in the oven, put the olive oil to a pan and place on a medium to high heat until hot.
4. Add the chicken, onion, pepper and garlic to the pan and cook for approx 6-7 minutes until chicken is golden brown and not pink in the centre.
5. Stir the Worcestershire sauce into the mixture and continue to heat for another 1 min.
6. Place equal amounts of the mixture in the tortillas and add salsa and yogurt as desired before wrapping the tortilla and serving.
7. Cheddar cheese can also be added if you want.

| <b>Nutritional Content</b> | <b>Per portion</b> | <b>Traffic Light colour</b> |
|----------------------------|--------------------|-----------------------------|
| Energy ( kcal)             | 437                | x                           |
| Carbohydrate (g)           | 63.5               | x                           |
| Sugars (g)                 | 11                 | <b>Green</b>                |
| Fat (g)                    | 7.5                | <b>Green</b>                |
| Saturated fat (g)          | 1.5                | <b>Green</b>                |
| Salt (g)                   | 2.2                | <b>Amber</b>                |