



Orange-Ginger Chicken Fajitas

Prep: 20 minutes plus marinating

Grill: 15 minutes • Serves: 4

- ½ cup olive oil
- 6 tablespoons fresh orange juice
- 2 tablespoons less sodium soy sauce
- 2 tablespoons 25% less sodium Montreal chicken seasoning
- 1 tablespoon grated fresh ginger
- ¼ teaspoon ground red pepper
- 1¼ pounds boneless, skinless chicken breasts, pounded to ½-inch thick then sliced ½-inch thick
- 1 (3.5-ounce) package shiitake mushrooms, stems removed, sliced ¼-inch thick
- 1 medium yellow onion, halved and sliced ¼-inch thick
- 1 cup matchstick carrots
- 8 fajita size flour tortillas

1. In large bowl, whisk oil, orange juice, soy sauce, chicken seasoning, ginger and red pepper until combined; reserve ¼ cup marinade. Place chicken in large zip-top plastic bag. Pour remaining marinade over chicken; seal bag, pressing out excess air. Refrigerate 1 hour.

2. Cover half of outdoor grill rack with aluminum foil; poke several holes in foil. Prepare grill for direct grilling over medium-high heat.

3. In large bowl, toss mushrooms, onion, carrots and reserved ¼ cup marinade. Place 18 x 24-inch sheet aluminum foil on work surface; place vegetable mixture in center. Bring top and bottom of foil sheet together over vegetables; crimp together and fold down over vegetables. Double fold both ends of packet toward vegetables.

4. Remove chicken from marinade; discard marinade. Place chicken on foil-covered grill rack; place vegetable packet on hot grill rack. Cover and cook chicken 8 minutes or until internal temperature reaches 165°, stirring once; grill vegetables 15 minutes or until tender.

5. Fill tortillas with chicken and vegetables.

*Approximate nutritional values per serving:
466 Calories, 18g Fat (2g Saturated), 78mg Cholesterol,
746mg Sodium, 41g Carbohydrates, 5g Fiber, 29g Protein*

Chef Tips

To warm tortillas: On microwave-safe plate, stack tortillas between 2 damp paper towels; heat in microwave oven on high 35 seconds or until warm.

Serve topped with sour cream, sliced fresh jalapeño peppers and fresh cilantro sprigs.

Dietitian's Dish

> The mushrooms contribute extra nutrients with fewer calories. The riboflavin and niacin help with fat metabolism, digestive health, and nerve function.