★ CHAMPION'S KITCHEN ★

EST. 2019

GOLD MEDAL CAFE

FUEL · RECOVER · ELEVATE

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PREP	COOK	SERVES	DIFFICULTY
10 MIN	20 MIN	4 x 8-oz portion 5 x 6-oz portion	Medium

PANSHEET CHICKEN FAJITA

INGREDIENTS

- 2 lbs Chicken breast, without skin
- 1 Medium onion
- 1 Medium bell pepper
- 2 TBSP olive oil
- Salt & pepper to taste
- Fajita seasoning:
  - 2 TBSP Chili powder
  - 2 tsp Cumin powder
  - 1 tsp Dried oregano
  (or Fajita seasoning mix)
  <Sides + Optional Toppings>
- Cooked Rice/Cilatro Rice*, Tortilla and Black Beans
- Lime
- Cilantro, chopped
- Salsa
- Avocado, sliced

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INSTRUCTIONS

01 Pre-heat the oven to 400 F. Line a sheet-pan with parchment paper.

02 Cut chicken into 1/2-inch thick strips. Slice onion and pepper (cored) into 1/2-inch thick.

03 On a lined pan-sheet, mix all of the ingredients and mix well. Spread them even.

04 Cook in the oven for 20-25 min (chicken's internal temp should be at least 165 F).

05 Serve with over tortilla, rice and/or beans. Add toppings and garnish as desired.

*Cilantro rice - mix chopped cilantro, salt and olive oil into cooked rice, that's it!

USA WRESTLING

Nutrition Tips:

Fajitas are definitely a must-have menu item for our national teams. Comes with a winning combination of high-quality protein, colorful vegetables and spices which contain performance-supporting nutrients. Make a big batch and enjoy it wrapped in a tortilla, served over rice and beans (a fajita bowl), added to a salad. Packed with antioxidants which help athletes recover from hard training. Bellpeppers are excellent source of vitamin C, which play an important role in immune function. Chili pepper contains capsaicin, a powerful compound with anti-inflammatory properties. These ingredients add bold flavors, but also elevate performance nutriention values.