

Week 1, Meal 2

CHICKEN FAJITAS

2 chicken breasts, cooked and diced
1/4 cup Italian salad dressing
1/4 cup salsa
1 tsp Worcestershire sauce
1 tsp lemon juice
1 Tbsp. vegetable oil
1 onion, cut into slices or chopped
1 green pepper, sliced or chopped
1 tomato, diced
1 cup shredded cheddar cheese
8 - 10 small flour tortillas
sour cream and salsa

Mix together the salad dressing, salsa, Worcestershire sauce, and lemon juice. Stir in diced chicken and let set for 10 minutes. Heat oil in skillet and fry the onion and green pepper slices until golden. Add the chicken mixture and cook until heated through. Remove from heat and stir in the diced tomato. To serve, fill tortillas with fajita mixture and top with cheese, sour cream or salsa; then roll up tortillas and eat. (Serves 4)

4:30 pm	Cook chicken, then dice
5:20 pm	Wash and chop vegetables, shred cheese
5:40 pm	Start on fajitas
5:50 pm	Assemble tortilla chip platter
6:00 pm	EAT!

TORTILLA CHIPS AND SALSA

Simply open a bag of your favorite tortilla chips and arrange on a plate with a bowl of salsa in the middle. (Serves 6)

Fancier Option 1: Mix salsa with cubes of Velveeta cheese. Heat in the microwave for two minutes; stir.

Fancier Option 2: Spoon salsa over a block of softened cream cheese (3 oz. or 8 oz.)

HOMEMADE SALSA

I usually am quite happy with store-bought picante sauce, but for those who want to try their hand at homemade salsa, I'm including this recipe (and another one on page 179).

2 tomatoes, peeled and chopped
1 4-ounce can diced green chili peppers
1/4 cup onion, chopped
1/4 cup green pepper, chopped
2 Tbsp. parsley
2 Tbsp. lemon juice
1/2 tsp. garlic powder
3 dashes Tabasco sauce

Combine all ingredients in a mixing bowl. Pour half of this mixture into the blender, and blend until smooth. Pour the blended mixture back into the first mixing bowl and stir. Cover and chill for at least four hours, stirring halfway through. (Makes about 1 1/2 cups)