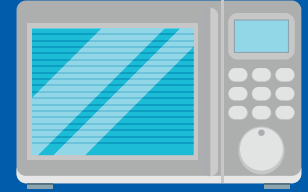


Make in the Microwave

Chicken Fajitas



Ingredients:

- Red Pepper, sliced
- Green Pepper, sliced
- Onion, sliced
- Southwest seasoning or taco spice
- 4 chicken breasts, sliced



INGREDIENTS FOR HEALTH

Directions:

- 1 Layer sliced peppers and onion on the bottom of a 2.5-quart microwave-safe dish.
- 2 Sprinkle vegetables with half packet of Southwest or taco seasoning.
- 3 Add sliced chicken strips and cover with the remaining seasoning.
- 4 Cover and microwave on high for 10 minutes.

Here's another healthy idea:



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