

Chicken Fajitas with Refried Beans



These colorful fajitas have become a favorite at home for busy nights. The chicken and bean puree combo provides a healthy dose of protein and fiber, perfect for boosting energy without weighing you down. A simple and effective way that nutritionists and dietitians often recommend to help you gently [add more legumes to your meals](#).

Preparation 15 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 465

Fat 10

Carbohydrates 50

Fibre 12

Protein 44

Sodium 800

Ingredients

- 450 g (1 lb) boneless chicken breasts, cut into strips*
- 2.5 ml (½ tsp) chili powder
- 1 ml (¼ tsp) ground cumin
- 1 bag (500 g) frozen bell pepper and onion mix

- Pepper and salt, to taste
- 1 - 540 ml can (19 oz) black or red beans, rinsed and drained
- 125 ml (½ cup) mild Mexican-style salsa (store-bought)
- 1 ml (¼ tsp) ground cumin
- 4 medium whole wheat tortillas (or corn)

Topping (optional)

- Light shredded cheese
- Diced tomatoes
- Chopped iceberg lettuce
- Guacamole (store-bought or homemade)
- 5% M.F. sour cream (or plain Greek yogurt, 0–2%)
- Chopped fresh cilantro
- Lime wedges

Preparation

1. In a large non-stick skillet over medium heat, cook the chicken with the chili powder and cumin for 5 to 7 minutes, or until the internal temperature reaches 165°F (74°C).
2. Add the frozen vegetable mix. Cook for 5 minutes or until tender. Season to taste.
3. Meanwhile, in a small saucepan, heat the beans, salsa, and cumin over low heat for 5 to 7 minutes. Mash using a potato masher or a fork.
4. Warm tortillas in the oven or microwave, if desired.
5. Fill each tortilla with bean purée and the chicken-vegetable mixture. Top with your favourite garnishes.

Notes

Keeps for 3 days in an airtight container in the refrigerator. The bean purée and chicken can be frozen separately for up to 3 months.

*To save even more time, you can use pre-cooked store-bought chicken strips and simply reheat with vegetables and seasonings.



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