

Seasonal Eating

Chicken Fajita Mix

Ideas for Using Fresh Produce

- 1/4 cup soy sauce
- 1/4 cup red wine vinegar
- 2 tablespoons light corn syrup
- 1/2 teaspoon Tabasco sauce
- 1/4 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 tablespoons minced fresh cilantro
- 1 1/4 pounds chicken breast, sliced thinly
- 1 green bell pepper, sliced thinly
- 1 yellow onion, sliced thinly
- 1 tablespoon vegetable oil



In a gallon size zip top bag, combine soy sauce, vinegar, corn syrup, Tabasco sauce, pepper, oregano, thyme and cilantro. Pour half of the mixture into another gallon bag. Add chicken to one bag and the bell pepper and onion to the other bag. Seal bags and turn to coat ingredients. Place bags in a bowl or pan and marinate in the refrigerator for several hours or overnight. In a large frying pan, heat vegetable oil. Drain marinade off of chicken and vegetables and add meat and veggies to hot pan. Stir and cook just until chicken is done and veggies are softened.

- Main Dish**—just top with a little shredded cheese and/or cilantro
- Fajitas**—serve in warm tortillas topped with a little fresh salsa and/or guacamole and sour cream
- Quesadillas**—heat a little oil in large skillet and add flour tortilla, top with shredded cheese and cover half with cooked fajita mixture, cook until cheese is starting to melt, fold in half and finish browning tortilla, cut into wedges and serve with sour cream
- Nachos**—Sprinkle tortilla chips with shredded cheese and cooked chicken mixture, melt under broiler and top with salsa and sour cream

Seasonal Kitchen Produce Pages
Bedford County Farmers Market
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



Seasonal Eating

Chicken Fajita Mix

Ideas for Using Fresh Produce

- 1/4 cup soy sauce
- 1/4 cup red wine vinegar
- 2 tablespoons light corn syrup
- 1/2 teaspoon Tabasco sauce
- 1/4 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 tablespoons minced fresh cilantro
- 1 1/4 pounds chicken breast, sliced thinly
- 1 green bell pepper, sliced thinly
- 1 yellow onion, sliced thinly
- 1 tablespoon vegetable oil



In a gallon size zip top bag, combine soy sauce, vinegar, corn syrup, Tabasco sauce, pepper, oregano, thyme and cilantro. Pour half of the mixture into another gallon bag. Add chicken to one bag and the bell pepper and onion to the other bag. Seal bags and turn to coat ingredients. Place bags in a bowl or pan and marinate in the refrigerator for several hours or overnight. In a large frying pan, heat vegetable oil. Drain marinade off of chicken and vegetables and add meat and veggies to hot pan. Stir and cook just until chicken is done and veggies are softened.

- Main Dish**—just top with a little shredded cheese and/or cilantro
- Fajitas**—serve in warm tortillas topped with a little fresh salsa and/or guacamole and sour cream
- Quesadillas**—heat a little oil in large skillet and add flour tortilla, top with shredded cheese and cover half with cooked fajita mixture, cook until cheese is starting to melt, fold in half and finish browning tortilla, cut into wedges and serve with sour cream
- Nachos**—Sprinkle tortilla chips with shredded cheese and cooked chicken mixture, melt under broiler and top with salsa and sour cream

Seasonal Kitchen Produce Pages
Bedford County Farmers Market
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)

