



Chicken fajita casserole

1 large red onion, halved, sliced lengthwise
1/2 red bell pepper, sliced into 1 1/2 inch strips
1/2 green bell pepper, sliced into 1 1/2 inch strips
2 tsp. olive oil
1 lb. chicken breasts, sliced into 2 inch strips
3 large garlic cloves, sliced
1 Tbsp. cumin
2 1/2 tsp. chili powder
1/2 tsp. ground black pepper
3 Ezekiel rice flour tortillas, divided
1 15 oz. can black beans, drained and rinsed, divided
2 tomatoes, chopped, divided
1/2 c. spinach, divided
1/2 avocado, diced
raw monterrey jack cheese, shredded (optional)

Preheat oven to 350°. In a large skillet, sauté onion and bell peppers in oil for 5 minutes over medium-high heat. Add chicken, garlic, and seasonings. Cook for 8 minutes.

Prepare casserole: In an 8x8 inch glass baking dish, layer ingredients. Place 1 tortilla on bottom and add 1/4 of chicken-vegetable mixture, 5 oz. black beans, 1/4 c. tomatoes, and 1/4 c. spinach. Continue with second and third tortillas, following with the same order of ingredients and amounts. Bake for 20-25 minutes. Remove from oven and sprinkle with raw cheese (optional). When serving, top each casserole piece with 2 tsp. avocado.

adapted from Clean Eating

