



Turkey Fajitas

6 ounces skinless, boneless turkey breast, cut into strips

1 cup sliced Spanish onion

1 bell pepper seeded, cut into strips

2 large whole grain or whole wheat tortillas

½ cup nonfat sour cream

Cooking oil spray

2 tablespoons fajita seasoning mix

1 tablespoon garlic powder

2 teaspoons chili powder

Salt and cracked black pepper to taste

1. Coat a nonstick skillet with cooking spray and heat the skillet. Add the turkey strips and cook for 2 minutes. Add the onion and cook 1 minute longer. Add the bell pepper, fajita seasoning mix, garlic powder, and chili powder, salt and cracked black pepper. Stir well to mix and cook for 1 minute.

To Serve: Heat tortillas in microwave for 15 seconds. Spoon the turkey mixture onto the tortillas, garnish with sour cream.

Servings: 2