

# Ranch-Chicken Fajita Bowls

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-recipe-for-shrimp-fajita-bowls>

## Ingredients:

- 1 1/2 cups rice prepared
- 2 tablespoons olive oil
- 1 pound chicken breast strips skinless, boneless
- salt
- ground pepper
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1 green bell pepper or red, yellow, seeded and cut into thin strips OR you can use a combination of all 3, amounting to about 3 cups o...
- 1 small yellow onion sliced
- 1/4 cup ranch salad dressing
- 1/2 cup salsa
- 1/2 cup shredded cheddar cheese I like to use white cheddar
- 1 tablespoon fresh lime juice
- cilantro or parsley for garnish, optional
- 6 inches whole wheat tortillas optional
- sour cream optional

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 65 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 5 grams
8. Sodium: 490 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Ranch-Chicken Fajita Bowls above. You can see more 18 southern living recipe for shrimp fajita bowls They're simply irresistible! to get more great cooking ideas.