

Low-Glycemic Chicken Fajitas with Whole Wheat Tortillas

Vibrant Mexican-inspired fajitas featuring lean chicken, colorful peppers, and fiber-rich whole wheat tortillas for stable blood sugar levels.

Prep: 15 min

Cook: 8 min

Total: 23 min

Servings: 12

GL 10.7 / GI 28

Ingredients

Low GI, adds acidity to slow digestion lime juice, freshly squeezed

Supports blood sugar regulation garlic cloves, minced

May boost metabolism chili powder

Anti-inflammatory spice ground cumin

Lean protein, zero glycemic impact boneless, skinless chicken breasts, cut into 1/4-inch strips

Low GI vegetable, adds fiber large onion, thinly sliced

Very low GI, high in vitamin C green bell pepper, cut into thin strips

Very low GI, rich in antioxidants red bell pepper, cut into thin strips

Medium GI (50-55), high fiber slows absorption whole wheat tortillas, 8-inch

Low GI, vegetable-based condiment fresh salsa

Minimal glycemic impact, adds creaminess fat-free sour cream

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Protein and fat slow carb absorption low-fat shredded cheddar cheese

Instructions

Step 1

Prepare the marinade by whisking together lime juice, minced garlic, chili powder, and ground cumin in a large mixing bowl until well combined.

Step 2

Add the chicken breast strips to the marinade, tossing thoroughly to ensure every piece is evenly coated. Allow to marinate at room temperature for 15 minutes while you prepare the vegetables.

Step 3

Heat a large skillet or grill pan over medium-high heat. Once hot, add the marinated chicken strips in a single layer, working in batches if necessary to avoid overcrowding.

Step 4

Cook the chicken for approximately 3 minutes, stirring occasionally, until the meat is no longer pink and begins to develop light golden edges.

Step 5

Add the sliced onions and bell pepper strips to the pan with the chicken. Continue cooking for 3 to 5 minutes, stirring frequently, until the vegetables are tender-crisp and the chicken reaches an internal temperature of 165°F (74°C).

Step 6

While the filling cooks, warm the whole wheat tortillas according to package directions, either in a dry skillet, microwave, or wrapped in foil in a low oven.

Step 7

Divide the chicken and vegetable mixture evenly among the 12 warmed tortillas, placing approximately 1/2 cup of filling down the center of each tortilla.

Step 8

Top each portion with 2 teaspoons of salsa, 2 teaspoons of fat-free sour cream, and 2 teaspoons of shredded cheddar cheese. Roll the tortillas tightly, folding in the sides, and serve immediately. For better blood sugar control, eat the protein and vegetables first, then finish with the tortilla.