

# 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
- Protein and fat slow carb absorption

low-fat shredded cheddar cheese

# Instructions

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## 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.