



## Chicken Fajitas Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>11</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

#### FOR THE DRESSING

- 1 can DEL MONTE Crushed Pineapple (227g), drained
- 1 cup mayonnaise
- 2 Tbsp onion, red, chopped
- 1/4 tsp salt
- 1/4 tsp pepper, black
  
- 50 g lettuce, washed, trimmed
- 300 g leftover Roast Chicken
- 2/3 cup carrot, shredded
- 2/3 cup cucumber, shredded
- 6 pc flour tortilla (6-inch)

### Preparation:

1. Mix all the ingredients for the dressing and set aside.
2. Assemble the fajita by placing the lettuce, chicken, vegetables, and dressing on the tortilla.
3. Roll and serve.

### Chef's Tip

Refresh lettuce by placing them in a basin of ice cold water for a few seconds. Drain well by using a salad spinner or by placing them over a tray lined with paper towels. Cover with damp paper towels and place inside the chiller until ready to use.

### Lusog Notes

Here is a tasty dish that is high in vitamin A that helps maintain healthy vision and skin. It is also a source of iron that is needed for red blood cell formation. Red blood cells carry oxygen to all parts of the body and is needed for normal metabolism.

### Cooking Skills Needed

- Shredding
- Mixing
- Draining
- Slicing
- Trimming

### Cooking Tools

- Chopping Board
- Measuring Cups

- Measuring Spoon

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