

Skinny Crock Pot Chicken Fajita Melts

These Skinny Crock Pot Chicken Fajita Melts are another favorite of ours and make the perfect weekend meal! All you have to do is chop up your veggies and let the crock pot do the rest. They are healthy and delicious!

Skinny Crock Pot Chicken Fajita Melts

Makes 4 Wraps

WW PP=9

Cal 340, Carbs 31, Fat 11, Fiber 13g, Protein 38.7

You'll need

16 oz. boneless skinless chicken tenders
1 red bell pepper, sliced
1 green bell pepper, sliced
1 yellow onion, sliced
2 tbsp. lime juice
2 plum tomatoes, chopped
1 fajita seasoning packet
Sliced reduced fat pepper jack cheese
2 cups corn or tortilla chips
flour tortillas (I used La Tortilla Factory High Fiber/Low Carbs Wraps)

DIRECTIONS TO MAKE IT IN THE NEXT PAGE (>)

How to make it

Arrange chicken in the bottom of crock pot. Top with sliced veggies. Sprinkle fajita seasoning evenly over chicken and veggies and add in the lime juice. Cover and cook on low for 4-5 hours. Break chicken up and spoon into tortillas. Cover

with cheese and tortilla chips

NOTE :

” Please note that some meals are better to be prepared every once in a while because of some ingredients like **meat, cheese, lot of sugar, fats..etc.**

Having meals with these ingredients all the time may damage your health. ”

PLEASE, USE THE NEXT PAGE LINK BUTTON FOR MORE DELICIOUS RECIPES AND DON'T FORGET TO SHARE THIS POST WITH YOUR FRIENDS AND FAMILY ON FACEBOOK.