



# Cooking in the Kitchen at Olums

**Molly Morgan** RD, CDN, CSSD  
*Delicious Recipes  
that are Easy & Nutritious*

**Olums.com**

## Sheet Pan Fajitas

Serves 6

### Ingredients:

- 1 pound chicken thighs, trimmed and sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 sweet onion, sliced
- ¼ cup olive oil
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper

### Directions:

1. Preheat the oven to 400° F
2. In a small bowl whisk together the olive oil, chili powder, cumin, garlic powder, salt, and pepper.
3. On a baking sheet place the chicken thighs and sliced veggies. Pour the prepared marinade over the chicken and veggies.
4. Bake for 20 – 25 minutes.

*Serving suggestion: serve with tortillas, avocado, and plain greek yogurt or sour cream*