

## Grilled Chicken Fajita Salad

Jacob · 30/09/2024



### Prep Time

1 hr

### Difficult

Medium

### Servings

1 hr 35 mins

### Description

A lowcarb nosweat sizzling hot grilled fajita salad Garnish with lime wedges and finely chopped cilantro if desired

### Ingredients

- - 1 pound skinless
- boneless chicken breasts
- cut into strips - 1 (12 ounce) bottle liquid fajita marinade - 2 tablespoons vegetable oil - 1 clove garlic
- minced - ½ teaspoon kosher salt - ¼ teaspoon ground black pepper - 2 heads romaine lettuce - 2 red bell peppers
- cut into 1/4-inch strips - ½ onion
- cut into 1/4-inch strips

### Instructions

1. Combine chicken strips and fajita marinade in a large bowl. Let marinate in the refrigerator
2. 1 hour to overnight. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Combine oil
3. minced garlic
4. salt
5. and pepper together in a bowl. Clean heads of romaine lettuce; cut in half from end to end. Brush halved romaine lettuce with oil-garlic mixture. Add sliced peppers and onions to the oil-garlic mixture. Toss to combine. Arrange the romaine cut-side down on the oiled grill. Cook just until grill marks appear
6. about 2 minutes. Remove and set aside to cool. If you have a grill basket
7. spread marinated chicken evenly in the basket; otherwise
8. thread chicken and vegetables on skewers. Grill chicken for 5 minutes. Turn the chicken in the basket
9. add the vegetables
10. and grill until an instant-read thermometer inserted in the chicken reaches 165 degrees F (74 degrees C)
11. about 10 minutes more. Slice grilled lettuce and place on serving plates. Divide chicken and vegetables evenly over the grilled romaine lettuce. Panasonic CIO Directions: Preheat Panasonic Countertop Induction Oven to High on the "Grill" setting. Grill the romaine on heated grill pan as directed in Step 5. Set aside to cool. Spread marinated chicken evenly in the hot grill pan; top with the peppers and onions. Cook for 5 minutes. Toss the chicken and vegetables and cook for 5 minutes more. Verify that the chicken is cooked to 165 degrees F (74 degrees C) by using an instant-read thermometer. Arrange salad as directed.