


# Sheet-Pan Pineapple Chicken Fajitas

 Total Time

Prep: 20 min. Cook: 20 min.  Makes 6 servings  
Updated: Jun. 30, 2023



## Ingredients

- 2 tablespoons coconut oil, melted
  - 3 teaspoons chili powder
  - 2 teaspoons ground cumin
  - 1 teaspoon garlic powder
  - 3/4 teaspoon kosher salt
  - 1-1/2 pounds chicken tenderloins, halved lengthwise
  - 1 large red or sweet onion, halved and sliced (about 2 cups)
  - 1 large sweet red pepper, cut into 1/2-inch strips
  - 1 large green pepper, cut into 1/2-inch strips
  - 1 tablespoon minced seeded jalapeno pepper
  - 2 cans (8 ounces each) unsweetened pineapple tidbits, drained
  - 2 tablespoons honey
  - 2 tablespoons lime juice
  - 12 corn tortillas (6 inches), warmed
  - Optional: Pico de gallo, sour cream, shredded Mexican cheese blend, sliced avocado and lime wedges
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## Directions

1. Preheat oven to 425°. In a large bowl, mix first 5 ingredients; stir in chicken. Add onion, peppers, pineapple, honey and lime juice; toss to combine. Spread evenly in 2 greased 15x10x1-in. baking pans.
2. Roast 10 minutes, rotating pans halfway through cooking. Remove pans from oven; preheat broiler.
3. Broil chicken mixture, 1 pan at a time, 3-4 in. from heat until vegetables are lightly browned and chicken is no longer pink, 3-5 minutes. Serve in tortillas, with toppings and lime wedges as desired.

## Nutrition Facts

2 fajitas: 359 calories, 8g fat (4g saturated fat), 56mg cholesterol, 372mg sodium, 45g carbohydrate (19g sugars, 6g fiber), 31g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1 fat.

