



## Chicken Fajita Mac and Cheese

*You know that feeling when you can't decide between mac and cheese or fajitas? Well, why not have both? This Chicken Fajita Mac and Cheese is the ultimate comfort food mash-up—creamy and cheesy and best of all- family friendly!*

**Serves: 8**

### Ingredients

- 12 ounces dry pasta (e.g., rotini)
- 1 tablespoon olive oil
- 2 boneless, skinless chicken breasts, cut into medium chunks
- 1 teaspoon cumin
- ½ teaspoon paprika
- Dash of cayenne pepper
- Salt and pepper to taste
- 2 tablespoons unsalted butter
- 3 bell peppers, seeded and thinly sliced
- 1 small to medium yellow onion, thinly sliced
- 3 cloves garlic, minced
- 4 ounce can diced green chiles
- ½ cup light sour cream
- 5 ounces sharp cheddar cheese
- 4 ounces shredded pepper jack cheese

### Directions

1. Preheat oven to 400°F. Bring a large pot of water to boil. Cook pasta according to package directions just until al dente. Drain well.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the chicken, cumin, paprika, and cayenne to the skillet and cook, stirring occasionally, until the chicken is cooked through. Season with salt and pepper to taste. Remove chicken to a large bowl and set aside.
3. In the same skillet, melt butter. Add sliced peppers and onions, saute for 5 minutes until tender. Stir in garlic and green chiles, cooking for another 2 minutes.
4. Remove from heat and add the pepper and onion mixture to the bowl with the chicken.
5. Add light sour cream, shredded cheese, and cooked pasta to the chicken/pepper mixture. Mix until combined. Transfer to a baking dish. Bake for 15 minutes until browned and bubbling.
6. Let cool briefly before serving.

### Nutrition Info per serving:

Calories: 395, Saturated Fat: 6 g, Sodium: 428 mg, Added Sugars: 0g, Fiber: 3.4 g  
Protein: 16.7 g

Recipe adapted from: <https://everydayannie.com/2013/01/31/chicken-fajita-mac-and-cheese/>

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<https://www.gobeyondhunger.org>