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## OVEN-BAKED CHICKEN FAJITAS

1 pound boneless, skinless chicken breasts, cut into strips  
2 Tbsp vegetable oil  
2 tsp chili powder  
2 tsp cumin  
1/2 tsp garlic powder  
1/2 tsp dried oregano  
1/4 tsp salt  
1 (15 oz) can diced tomatoes with green chilies  
1 medium onion, sliced  
1 large bell pepper, seeded and sliced  
12 flour tortillas  
Toppings such as cheese, sour cream, and guacamole if desired

1. Preheat the oven to 400 degrees. Place chicken strips in a greased 13x9 baking dish.
2. In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt
3. Drizzle the spice mixture over the chicken and stir to coat.
4. Next add the tomatoes, peppers, and onions to the dish and stir to combine.
5. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender. Serve with tortillas and desired toppings



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## Teriyaki Pork Tenderloin

5 tablespoons low-sodium soy sauce  
2 tablespoons olive oil  
2 garlic cloves, minced  
2 teaspoons brown sugar  
1 teaspoon ground ginger  
1 teaspoon coarsely ground pepper  
2 (1 pound) pork tenderloins

1. In a large resealable plastic bag, combine the first six ingredients; add pork. Seal bag and turn to coat; refrigerate for 8 hours or overnight.
2. Drain and discard marinade. Place the tenderloins in an 9x13. baking pan coated with nonstick cooking spray. Bake, uncovered, at 425° for 25-35 minutes or until a meat thermometer reads 145° Let stand for 5 minutes before slicing. Serve with pan drippings

## Crockpot Applesauce

8 large apples, peeled, cored, and cut into thick chunks  
1 tsp grated lemon peel  
1 tsp lemon juice  
1 cinnamon stick  
5 tsp light brown sugar  
Place all ingredients in crock pot and cook on LOW for 6 hours, stirring occasionally. Remove cinnamon stick. If you prefer your applesauce smooth, puree in batches in the blender. If you prefer chunky-style, stir vigorously a few times with a whisk.

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