

•Virtual Cooking Class Materials•

Hispanic Heritage Month: Chicken Fajita Bowls

Thanks so much for signing up for my virtual cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

If you'd like to make your own fajita seasoning, you can [find my recipe here](#). You can also use your favorite store-bought fajita or taco seasoning blend.

In addition to the ingredients, here's a list of the cookware/tools you'll need:

- Oven
- Large, rimmed baking sheet
- Stovetop
- Medium saucepan with a tight-fitting lid
- Measuring cups and spoons
- Cutting board
- Chef's knife
- Whisk or fork
- Blender, immersion blender, or food processor
- Citrus juicer or fork (optional)
- Spoon
- Large bowl



If you have any questions, comments, or concerns, feel free to email me at bigflavorstinykitchen@gmail.com.

See you in the kitchen!

-Ashley Covelli

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

bigflavorstinykitchen.com



Easy Cilantro Lime Rice



Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Side Dish

Makes: 4 Servings

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Total Time: 25 Minutes

Ingredients

- 2 tablespoons olive oil, divided
- 1 cup basmati rice
- 3 cloves garlic, minced
- 1 1/2 cups plus 2 tablespoons water, divided
- 1/2 teaspoon kosher salt
- 3/4 cup lightly packed fresh cilantro leaves
- 2 tablespoons fresh lime juice

Instructions

1. To a medium saucepan set over medium heat, add 1 tablespoon of the olive oil. Once warm, add the rice and sauté, stirring occasionally, until the rice starts to toast a little bit, about 2 minutes. Add minced garlic and continue to sauté, stirring, for another minute.
2. Add 1 1/2 cups of water and the salt. Raise the heat to high and bring to a boil.
3. Once the water is boiling, cover the saucepan and reduce the heat to low. Cook, covered, until the water is absorbed and the rice is just tender, about 16 to 18 minutes.
4. Meanwhile, in a blender or food processor, combine cilantro, lime juice, remaining tablespoon of olive oil, and 2 tablespoons water; blend until smooth.
5. Stir the cilantro mixture into the cooked rice and enjoy!

Tips:

- An immersion blender works really well to make the cilantro lime purée.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



Get more recipes online at:
bigflavorstinykitchen.com

Sheet Pan Chicken Fajitas



Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Main Dish

Makes: 4 Servings

Prep Time: 10 Minutes active, plus 10 minutes to marinate (up to 4 hours)

Cook Time: 15 Minutes

Total Time: 35 Minutes (up to 4 hours 25 minutes if marinating longer)

Ingredients

1 tablespoon [fajita seasoning](#)

1/4 cup avocado oil

2 tablespoons cold water

1 tablespoon freshly squeezed lime juice

1 tablespoon tomato paste

2 cloves garlic, minced

3/4 teaspoon kosher salt

1 pound boneless, skinless chicken breast, sliced into 1/4-inch thick slices against grain

3 bell peppers, sliced into 1/4-inch thick strips

2 medium onions, sliced 1/4-inch thick

Instructions

1. Place an oven rack in the top third of your oven. Put a large, rimmed baking sheet (preferably broiler-safe) on that top rack, close the door, and preheat the oven to 425°F.

2. In a large bowl, whisk together the fajita seasoning, avocado oil, water, lime juice, tomato paste, garlic, and salt. Add sliced chicken and use tongs to toss to combine. Add the sliced bell peppers and onions and toss again to get the mixture to coat everything evenly. Let sit for 10 minutes at room temperature, or cover and transfer to the refrigerator for up to 4 hours.

3. Carefully remove the preheated sheet pan from the oven and pour the chicken mixture out on top. Spread everything out into an even layer and return to the oven.

4. Bake for 15 minutes, until chicken is cooked through. Switch the oven to broil, if desired, and cook for an additional 2-5 minutes, until the peppers and onions are lightly charred.

5. Serve sheet pan fajita mixture in warmed flour tortillas or over rice with your favorite toppings!

Suggested toppings/sides (pick and choose your favorites):

- [Cilantro lime rice](#)
- Salsa
- Sliced avocado
- Greek yogurt, sour cream, or Mexican crema
- Pico de gallo
- Shredded cheese or queso fresco
- Fresh cilantro
- Hot sauce
- Black beans
- Lime wedges
- Refried beans

Tips:

- My homemade fajita seasoning is perfect for this recipe, but you can also use your favorite store-bought brand.
- Chicken is cooked through when the internal temperature reaches 165°F.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



Get more recipes online at:
bigflavorstinykitchen.com