

One-Pan Fajita Chicken Bake: A Family Favorite Weeknight Dinner

The Ultimate Fajita Chicken Casserole: A Zesty One-Pan Wonder



OVEN
400°F

TIME
20 min

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INGREDIENTS

Chicken Breast: 1.5 lbs (Cut into thin strips or bite-sized cubes)
Bell Peppers: 3 large (A mix of red, green, and yellow for color)
Red Onion: 1 medium (Sliced into thin strips)
Olive Oil: 2 tbsp
Fajita Seasoning: 2 tbsp (Or a mix of chili powder, cumin, garlic powder, and paprika)
Cream Cheese: 4 oz (Softened-this creates a creamy "sauce")
Shredded Mexican Blend Cheese: 1.5 cups
Salt and Black Pepper: To taste
Fresh cilantro
Sliced jalapeños
Sour cream or Greek yogurt

Swaps and Notes:

Chicken: You can easily swap chicken breast for chicken thighs for a juicier result, or even use leftover rotisserie chicken to cut the baking time in half.

Vegetables: If you want extra bulk, add sliced mushrooms or zucchini. They soak up the fajita spices beautifully.

Heat Level: If you prefer a kick, add a teaspoon of red pepper flakes or use a "Hot" variety of fajita seasoning.

Step-by-Step Instructions:

1. Preheat and Prep:
2. Season the Base:
3. Create the Creamy Layer:
4. The First Bake:
5. Add the Cheesy Finish:
6. Final Melt:

Tips for Success:

Dry Your Chicken: Before seasoning, pat the chicken dry with paper towels. This helps the spices stick and prevents the casserole from becoming too watery.

Slice Evenly: Try to slice your peppers and chicken into similar thicknesses so they cook at the same rate.

Let it Rest: Give the casserole 5 minutes to rest before serving. This allows the creamy sauce to thicken up and coat the chicken perfectly.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 340 kcal

Total Fat: 18g

Carbohydrates: 8g

Protein: 36g

Sugar: 4g (Note: Based on 6 servings per casserole.)

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. **Preheat and Prep:** Preheat your oven to 400°F (200°C). Lightly grease a 9x13-inch baking dish with non-stick spray or a little olive oil.
2. **Season the Base:** In a large mixing bowl, toss the sliced chicken, bell peppers, and onions with the olive oil and fajita seasoning. Ensure every piece is well-coated in the spices.
3. **Create the Creamy Layer:** Spread the chicken and vegetable mixture evenly into the baking dish. Dollop small pieces of the softened cream cheese across the top of the mixture. As it bakes, you'll stir this in to create a rich, silky sauce.
4. **The First Bake:** Place the dish in the oven and bake for 20 minutes. At this point, the chicken should be nearly cooked through and the peppers should be tender.
5. **Add the Cheesy Finish:** Remove the dish from the oven. Use a spoon to gently stir the melted cream cheese into the chicken and peppers. Top the entire casserole with the shredded Mexican blend cheese.
6. **Final Melt:** Return to the oven for another 10-15 minutes, or until the cheese is bubbly and starting to turn golden brown. For an extra-crispy top, turn on the broiler for the last 2 minutes.
7. **Tips for Success:** **Dry Your Chicken:** Before seasoning, pat the chicken dry with paper towels. This helps the spices stick and prevents the casserole from becoming too watery.
8. **Slice : Evenly:** Try to slice your peppers and chicken into similar thicknesses so they cook at the same rate.

9. **Let it Rest:** Give the casserole 5 minutes to rest before serving. This allows the creamy sauce to thicken up and coat the chicken perfectly.
10. **Serving Suggestions and Pairings:** This casserole is a true chameleon. For a traditional feel, serve it with warm flour tortillas. If you want a more substantial meal, serve it over a bed of cilantro lime rice. To keep it low-carb, enjoy it over a bed of cauliflower rice or fresh greens.
11. It's also a great main dish if you're serving a crowd. Pair it with Sheet Pan Quesadillas for a full Mexican-inspired feast, or serve it as a hearty follow-up to a One Pan Breakfast Bake during a long weekend brunch.
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14. **Carbohydrates:** 8g
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16. **Sugar:** 4g (Note: Based on 6 servings per casserole.)
17. **Storage and Leftover Tips:** This is one of those rare dishes that actually tastes better the next day! Store leftovers in an airtight container in the fridge for up to 4 days. To reheat, pop it in the microwave or back in the oven at 350°F until the cheese is melty again. I don't recommend freezing this dish, as the cream cheese and peppers can change texture when thawed.
18. **More Recipes You Will Love:** If you're a fan of easy, one-pan dinners, you have to try these ChefManiac classics:
19. **Mexican :** Chicken and Rice Casserole - Another one-pan hit that the whole family will love.
20. **Crockpot :** Nacho Dip - The ultimate appetizer for your next taco night.
21. **Sheet :** Pan Quesadillas - The fastest way to feed a group without standing over a stove.
22. **Final Thoughts:** The Fajita Chicken Casserole proves that "fast food" can be healthy, homemade, and incredibly delicious. It's a reliable recipe that takes the stress out of dinner time while delivering big on flavor.
23. **What are your favorite fajita toppings?** I'm a huge fan of extra lime juice and a dollop of guacamole! Let me know in the comments below, and don't forget to follow ChefManiac for more easy kitchen hacks and family favorites. Happy cooking!

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pan-fajita-chicken-bake-a-family-favorite-weeknight-dinner/>