



# Chicken Tortas



---

## Ingredients:

1 1/2 pounds chicken pieces, skin removed  
2 cups shredded iceberg or romaine lettuce  
1 1/2 cups cooked pinto beans or 1 15-ounce can of low sodium pinto beans  
1/2 cup thinly sliced radishes  
8 thin slices white onion  
4 bolillos or french bread rolls  
1 cup fresh salsa  
Shredded Monterey Jack cheese or crumbled queso añejo



## Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Place chicken in a large pot. Cover with water. Bring to a boil over high heat.
3. Reduce heat to medium-low. Simmer, uncovered, until chicken is cook thoroughly (about 30 minutes).
4. Drain chicken and let cool.
5. Shred chicken.
6. Place beans in a small saucepan. Cook over medium heat until warm.
7. Lightly mash beans with a fork; Set aside.
8. Cut each bolillo or each french roll in half lengthwise.
9. Divide chicken, beans, lettuce, radishes and onion evenly into four servings.
10. Place one serving of ingredients on bottom half of each roll. Top with salsa and sprinkle with cheese.
11. Place other half of the roll on top.
12. Serve immediately.

Cooking Tip: Beans can be heated in a microwave on HIGH for 1 to 2 minutes.

## Nutrition Facts (Per Serving)

Calories, 241; Carbohydrate, 43 g; Protein, 29 g; Total Fat, 4 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 53 g; Fiber, 5 g; Total Sugars, 3 g; Sodium, 205 mg; Calcium, 67 mg; Folate, 84 mcg; Iron, 3 mg; Percent Calories from Fat, 15%.

Makes 8 servings, 1/2 roll each.

---

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

**<https://www.azhealthzone.org/recipes>**