Chicken Tacos

Ingredients:

1 1/2 tablespoons Balsamic vinegar
1 tablespoon canned chipotle peppers in adobo sauce finely chopped
1 1/2 teaspoons garlic salt
2 cups chicken breast
2 cups shredded cabbage or prepared coleslaw mix
3/4 cup red onion finely chopped
8 (6-inch) corn tortillas
1/4 cup Anejo or Panela cheese crumbled
1 avocado chopped

Directions:

1. Wash your hands with soap and warm water.
2. In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.
3. To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.
4. Spoon filling into warm tortillas and top with cheese and avocado.
5. Serve immediately.

Nutrition Facts (Per Serving)

Calories, 340; Carbohydrate, 32 g; Protein, 27 g; Total Fat, 8 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 68 mg; Fiber, 7 g; Total Sugars, 3 g; Sodium, 192 mg; Calcium, 187 mg; Folate, 127 mcg; Iron, 2 mg; Percent Calories from Fat, 21%.

Makes 4 servings, 2 tacos each
Chicken Tacos

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.

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