

CHICKEN-LESS SOFT TACOS

 5 minutes 30 minutes 2 portions

INGREDIENTS

- 0.4 cups, chopped of onions, raw [64 g]
- 1/2 cup [chopped] of peppers, sweet, green, sauteed [58 g]
- 1 cup of slices of mushrooms, portabella, grilled [121 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1 cup of chicken, meatless [168 g]
- 1 tsp of garlic, raw [3 g]

COOKING METHOD

- ^{1°} In a medium sauce pan, on medium heat, add 1 tablespoon of olive oil, 1/2 chopped onion, 1/2 chopped red bell-pepper, and 1 thinly sliced Portabello mushroom. Sautee uncovered until water cooks out of the mushrooms, (for about 8 minutes).
- ^{2°} Add 2nd tablespoon of olive oil and 1 package of Gardein chicken- less teriyaki strips. Cover and let simmer 10 mins. Remove the lid and add the teriyaki sauce, leave uncovered and let cook another 3-5 minutes and serve!
- ^{3°} Top with spring mix or spinach, 1tablespoon of dairy free cheese by Daiya, and 1 tablespoon of salsa. Use with Ezekiel 4:9 sprouted grain tortillas

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (220 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 170 kcal | 373 kcal | 19 % |
| FAT | 13 g | 28 g | 43 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 4 g | 18 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 277 mg | 609 mg | 25 % |
| CARBOHYDRATE | 5 g | 10 g | 3 % |
| SUGARS | 2 g | 3 g | — |
| FIBER | 2 g | 5 g | 22 % |
| PROTEIN | 10 g | 23 g | — |