



CHICKEN TACOS

Taco Tuesday night? No problem. Try these low sodium chicken tacos! Spiced grilled chicken breasts and creamy, zesty slaw come together in less than 30 minutes. Pair with a fresh salad (total carbohydrate approx 1.76g) and ear of roasted corn (total carbohydrates 27g)

🕒 10 minutes

🕒 25 minutes

🍴 4 portions

INGREDIENTS

- 12 oz of chicken breast, skinless, boneless, raw (339 g)
- 2 tsps of seasoning mix, dry, taco, original (6 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 1 cup of shredded cabbage, raw (70 g)
- 1 cup of grated carrots, raw (110 g)
- 4 tbsp of yogurt, Greek, plain, nonfat
- 1/4 tbsp of vinegar, cider (4 g)
- 4 outer leaves of lettuce, green leaf, raw (96 g)
- 6 lime wedges
- 1/2 cup of coriander (cilantro) leaves, raw (8 g)
- 1/2 cup, sliced of avocados, raw, all commercial varieties (73 g)
- 4 corn tortillas, ready-to-eat (96 g)

COOKING METHOD

- 1° Heat a large grill pan over medium heat. While the pan is heating up, coat the chicken breasts in the olive oil and taco seasoning.
- 2° Grill the chicken breasts until cooked through.
- 3° While the chicken is grilling, mix together the coleslaw mix with greek yogurt, cider vinegar, Mix until everything is well-coated, then chill in the refrigerator until the chicken is done.
- 4° Once the chicken is cooked, remove from the pan and allow it to rest for 5 minutes, then use two forks to shred into rough chunks.
- 5° Assemble your tacos by adding chicken, coleslaw and avocado slices to the corn tortilla (you can use lettuce instead).
- 6° Squeeze lime juice over tacos and enjoy.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (235 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 107 kcal | 251 kcal | 13 % |
| FAT | 4 g | 9 g | 14 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 1 g | 7 % |
| CHOLESTEROL | 27 mg | 63 mg | 21 % |
| SODIUM | 80 mg | 188 mg | 8 % |
| CARBOHYDRATE | 8 g | 20 g | 7 % |
| SUGARS | 1 g | 3 g | — |
| FIBER | 2 g | 5 g | 20 % |
| PROTEIN | 10 g | 23 g | — |