



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 tps 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	—