

Grilled Chicken Tacos

Recipe of the Month May - 2015



Cradle great Tex-Mex flavor when you hold one of these gluten-free tacos in your hand. Ole!

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 4 servings (2 tacos each)

INGREDIENTS

1 tablespoon canola or olive oil	2 tablespoons chopped fresh cilantro
1 tablespoon lime juice	8 soft corn tortillas (6 inch), warmed
2 teaspoons chili powder	1/4 cup shredded reduced-fat Cheddar cheese (1 oz.)
1/8 teaspoon salt	2 tablespoons gluten-free reduced-fat sour cream
2 boneless skinless chicken breasts	1 cup chopped iceberg or romaine lettuce
1 can (15 oz.) black beans, drained, rinsed	1 medium tomato, chopped (3/4 cup)
1/3 cup chunky-style salsa	

DIRECTIONS

1. Heat gas or charcoal grill. In shallow dish, mix oil, lime juice, chili powder and salt. Add chicken breasts, turning to coat.
2. Place chicken on grill. Cover grill; cook over medium heat about 12 minutes, turning once, or until juice of chicken is clear when center of thickest part is cut (170°F). Remove from heat; slice crosswise into strips.
3. Meanwhile, in 2-quart saucepan, heat beans, salsa and cilantro over medium heat, stirring occasionally, until thoroughly heated. Divide chicken evenly onto half of each tortilla; top with beans, cheese, sour cream, lettuce and tomatoes. Fold tortilla in half over filling.



Recipe Provides: Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 4oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size: 2 tacos	Total Fat: 9 g	Saturated Fat: 2 g
Calories: 410	Calories from Fat: 80	Carbohydrates: 54 g
Cholesterol: 40 mg	Dietary Fiber: 15 g	Sodium: 340 mg
Sugars: 3 g	Protein: 27 g	



Recipe adapted from www.eatbettereary.com