Elena’s Chicken Tacos

From the kitchen of Elena Duran, El Paso
Preparation time: 35-40 minutes
Number of servings: 12

Ingredients:
4 chicken breasts, skin removed
12 corn tortillas
½ teaspoons of olive oil
½ cup green onion, chopped
¼ teaspoon cumin
½ teaspoon salt
⅛ teaspoon black pepper
1 long green chile or jalapeno, chopped
2 cups lettuce, shredded
1 large tomato, chopped

Preparation:
1. Boil chicken breasts in water until fully cooked (about 30 minutes). Allow chicken to cool, then shred or cut into thin strips.
2. Heat olive oil in a skillet on medium flame. Add chicken strips, onion, cumin, salt, pepper, and chile. Cook about 5 minutes, constantly mixing.
3. Remove chicken from heat.
4. Warm tortillas over low flame or in a skillet until soft.
5. Place 2 tablespoons of chicken mixture on each tortilla. Add lettuce and tomato and fold to make a taco.

Nutrition information per serving:
FAT: 15% of calories from fat (low)
FIBER: 2 grams
CALORIES: 100