



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

⅓ 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