

Chicken Tacos

Ingredients

- 4-5/8 tsp onion, chopped
- 1/8 tsp vegetable oil
- 8-3/4 oz frozen cooked diced chicken
- 1-3/8 tsp garlic, chopped
- 3 tbsp canned diced tomatoes, no salt added
- 1/2 tsp canned tomato paste, no salt added
- 1/2 cup water
- 1/8 tsp chicken base, low sodium
- 1-1/2 tsp canned salsa, low sodium
- 3/8 tsp kosher salt
- 3/8 tsp black pepper
- 1-1/8 tsp chili powder
- 3/8 tsp cumin
- 1-1/8 tsp taco seasoning mix
- 8 whole wheat 6" tortillas

Directions

1. Cook onions in oil over medium heat until they become translucent, about 2 minutes.
2. Add chicken and garlic. Cook for an additional 2 minutes.
3. Mix diced tomatoes with tomato paste and add to chicken mixture. Simmer for 15 minutes.
4. Add remainder of ingredients and simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165°F.
5. To serve, place 1/4 cup on each tortilla. Serve two per portion.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 271 calories, 6.42 g fat, 2.04 g saturated fat, 732 mg sodium, 32.34 g carbohydrate, 4.67 g fiber, 0.7 g sugar, 19.53 g protein