

Chicken Soft Tacos

<p><i>Ingredients:</i> ½ tsp olive oil ½ tsp minced garlic 1 -1 ½ Tbsp DIY taco seasoning (or low sodium packet) ¼ cup water 1 can green chilies 1 cup shredded rotisserie chicken 4-6 corn tortillas or low carb tortillas (Mission Carb Balance or Mama Lupe's)</p>	<ol style="list-style-type: none"> 1. In a pan add olive oil, green chilies and garlic. Sautee till garlic has started to brown. 2. Add shredded chicken, taco seasoning and water till no water remains. 3. Serve on a corn tortilla, low carb tortilla or leaf lettuce.
<p><i>Toppings/ Condiment Ideas(choose 1 or all):</i> Sliced avocado Salsa Chopped cilantro Chopped onions Non-fat plain Greek yogurt Low fat shredded cheese Sliced jalapenos</p>	<ol style="list-style-type: none"> 4. Top taco with favorite condiments for added protein, flavor and nutrition.

Recipe serves 4-6 tacos

Nutrition Facts for corn chicken taco (with Greek yogurt, cheese, salsa and avocado)

Calories 181

Fat 7g

Carbohydrates 15g

Fiber 3g

Protein 17g

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DIY Taco Seasoning

1 Tbsp chili powder
 ¼ tsp garlic powder
 ¼ tsp onion powder
 ¼ tsp crushed red pepper flakes
 ¼ tsp dried oregano
 ½ tsp paprika
 1 tsp sea salt
 1 tsp black pepper
 1 tsp corn starch

Mix all ingredients together and store in an air tight container.

For other recipes use about 3-4 Tbsp per pound of meat and then cook with about 2/3 cup of water.