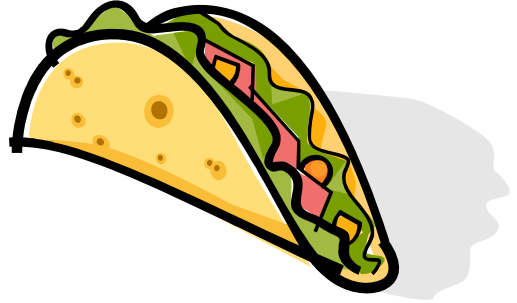


# Grilled Chicken Tacos

Serves 4 – servings 2 tacos

## Tacos

- 1 Roasted red pepper
- 2 large boneless, skinless chicken breasts
- 1 T canola oil
- salt to taste
- freshly ground black pepper
- 8 whole wheat tortillas
- 2 T fresh lime juice



## Toppings

- ½ c. fat free sour cream
- 2 c. shredded lettuce
- 2 large tomatoes, seeded and diced
- 2 T cilantro leaves
- 1 jalapeño chili pepper, seeded and minced, optional
- 2 limes, cut into wedge

## Number of Servings: 4

1. Place the pepper on the grill or under the broiler – roast until turns black and then rotate – once the pepper is roasted on all sides, put it in a bowl and cover with plastic wrap and let cool
2. With the grill on Medium- High: brush chicken with oil and season with S & P
3. Grill until chicken is cooked through; put on cutting board to cool
4. Heat Tortillas in tin foil on the grill or microwave on an uncovered plate
5. Take the cooled pepper and remove the skin, then cut open – discard the seeds and stem and cut the pepper into ¼ “ strips
6. Cut the chicken into similar sized strips and add to peppers
7. Add fresh lime juice to Chicken/peppers
8. Prepare your tacos; add chicken and pepper combination and then a combination of your favorite toppings!

Per Serving			
Calories	490	Carbohydrate	63.7 g
Fat	11.8 g	Fiber	11.4 g
Protein	38.3 g	Saturated Fat	0.9 g
Sodium	904 mg		

