



PINEAPPLE CHICKEN TACOS

MAKES : 15 TACOS SERVING SIZE : 3 TACOS

INGREDIENTS

Chicken breast, boneless and skinless	1 pound
Limes (juice & zest)	2 limes
Cumin	1 tsp
Chili powder	1 tsp
Paprika	1 tsp
Onion powder	1/2 tsp
Garlic powder	1/2 tsp
Oregano	1/2 tsp
Olive oil	4 Tbsp
Honey	1/2 Tbsp
Pineapple, 1/4 inch dice	1 cup
Tomato, 1/4 inch dice	1 cup
Red onion, finely diced	1/4 cup
Cilantro, finely chopped	1/4 cup
Mini tortillas *	15 tortillas
Avocado	1 avocado

NUTRIENT INFORMATION

Calories 345	Carbs 29 g
Total Fat 13 g	Fiber 6 g
Sat Fat 2 g	Cholesterol 85 mg
Mono Fat 7 g	Iron 2.2 mg
Protein 30 g	Sodium 70 mg

Nutrient information is based on mini corn tortillas. Flour or whole wheat may be used, but nutrition information will change.

PROCEDURE

- 1 Gather ingredients. Thinly slice or pound chicken to ~1/2 inch thick. Add to medium bowl.
- 2 For the marinade: In a separate small bowl, whisk together the lime zest & juice of 1 lime, honey, cumin, chili powder, paprika, onion powder, garlic powder, oregano, and 2 Tbsp of olive oil. Pour onto chicken and coat. Cover bowl and refrigerate for at least 20 minutes (maximum 1 day).
- 3 For the pineapple salsa: In a small bowl combine pineapple, tomato, red onion, cilantro, lime zest and juice of the remaining lime. Refrigerate until ready to serve.
- 4 Heat a medium pan over medium to high heat. Add 1 Tbsp oil. When it begins to shimmer, add chicken. Cook until golden brown, about 2 minutes. Flip chicken and cook for another 3-4 minutes, or until cooked through. You may need to cook another batch, so use the remaining 1 Tbsp of oil. Let rest for 5 minutes before slicing into thin strips.
- 5 Assemble tacos. Layer 1/2 Tbsp of avocado, ~1 oz chicken, and a spoonful of salsa on each mini tortilla. Enjoy!