

Chicken Tacos

Recipe adapted from "Cook Once, Eat All Week" by Cassy Joy Garcia

Ingredients

Kale Slaw

1 cup sliced kale
¼ c avocado mayonnaise
2 teaspoons lime juice
¼ teaspoon chili powder

Chicken filling

2 Tablespoons salted butter or avocado oil
3 cups baked, cubed chicken breast
1 ½ cups of small diced red, yellow, orange pepper
OR 1 ½ cups corn kernels
1 teaspoon sea salt
½ teaspoon chili powder
¼ teaspoon garlic powder
½ teaspoon paprika
2 tablespoons of lime juice
Sliced avocado, optional

8 corn or flour tortillas
(or Siete Cassava flour tortillas for gluten free)
Shredded cheese

Directions

1. Make the slaw: In a small bowl combine kale with mayonnaise, lime juice, chili powder, set aside.
2. Melt the butter or heat the avocado oil in saute pan over medium high heat. Add the chicken and peppers and warm for about 2-3 minutes, stirring gently.
3. Add spices and lime juice and toss in with chicken. Cook for another 3-4 minutes.
4. Warm tortillas in another skillet till slightly brown.
5. Assemble by layering the slaw, then the chicken, then the cheese onto the warmed/crisped tortilla shell.
6. Note: I used about 2 pounds of boneless breast meat, added some salt, pepper, chili powder and garlic powder and poached them in a saute pan. Once they were cooked I cut into cubes.

Mary-Beth says: *"The kale slaw amps up the nutrients in these tacos and adds a delightful flavor to the chicken filling."*