

Tex-Mex Chicken Tacos

Serves 6

Ingredients:



For Cooked Filling	For Topping
1 tablespoon vegetable oil	12 taco shells or soft tortillas*
½ cup chopped onion	¾ cup shredded cheddar cheese
8-oz. can tomato sauce	chopped lettuce
½ cup water	chopped tomatoes
2 tablespoons chili powder	chopped avocado
1 teaspoon ground cumin	sliced olives
½ teaspoon salt	
3 cups shredded cooked chicken or turkey meat (use a fork to shred the meat, pulling it apart against the grain)	* use whole grain yellow corn taco shells for added fiber & whole wheat/multi-grain 6" or 8" tortillas for added fiber and lower glycemic index values

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Preparation:

Step 1

Heat the oil over medium heat in a large skillet. Add the onion and cook for 1 to 2 minutes. Add the tomato sauce, water, chili powder, cumin, and salt.

Step 2

Bring to a boil, then reduce to a simmer and cook for 2 to 3 minutes. Stir in the chicken or turkey meat and cook until heated through.

Step 3

Place ¼ cup of the taco filling in each taco shell or soft tortilla. Top with 1 tablespoon of shredded cheddar, lettuce, tomato, avocado, and olives.

Remember: Safety First.

"Always work with an adult if you are young or need permission to use a sharp knife or cook with heat."