

# Quick & Easy Chicken Tacos

## Chef notes:

- This recipe takes less than 30 minutes to make for dinner on a busy weeknight.
- Great for using fresh chicken, stewed chicken, store bought cooked rotisserie chicken or canned chicken.
- Leftover chicken mixture freezes well. You can reuse leftovers by serving it later in the week over tortilla chips for nachos, over a baked (or microwaved) sweet potato or add some broth and a can of diced tomatoes for a quick chicken chili.
- No salsa? Substitute a (15oz.) can of diced tomatoes with the juice and add 1 Tablespoon each, cumin and chili powder.
- When choosing tortillas, flour tortillas are surprisingly high in salt—corn tortillas are a better option for those with high blood pressure.

## Nutrition Facts

6 or 12 servings per container  
**Serving size** 6: 1 cup mix, 2  
corn tortillas, 12:  
1/2 cup mix

Amount per serving

**Calories** **320**

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 50mg 17%

**Sodium** 580mg 25%

**Total Carbohydrate** 44g 16%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2mg 10%

Potassium 395mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: up to 12 tacos    Cook Time: 30 minutes



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## Ingredients:

- 1 whole chicken OR 4 chicken leg quarters, cooked, and removed skin and bones; or 2-10oz. cans chicken breast, drained and rinsed
- 1 Tablespoon chili powder
- 1 medium onion, diced
- 1 (15oz.) can black or pinto beans, drained and rinsed
- 1 (15oz.) can corn, drained and rinsed
- 1 Tablespoon vegetable oil
- 1 15-oz. can salsa (any type)
- 12 or 24 6-inch corn or whole wheat tortillas
  - 12 tortillas for 6 servings
  - 24 tortillas for 12 servings

## Directions:

1. If using cooked chicken, when it is cool enough to hold, **remove** skin and pull all of the meat off of the bones. Use your fingers or a fork to **pull** chicken into bite-sized pieces. If using canned chicken, drain. **Place** chicken meat in a bowl and **mix** in chili powder. **Discard** chicken skin and carcass.
2. **Drain and rinse** beans and corn in a large colander.
3. **Dice** onion into small pieces. **Heat** oil in large pan over medium heat. **Add** onion and **sauté** until it is tender, about 5 minutes.
4. **Add** chicken, beans, corn and salsa (or tomatoes) and **stir** to combine. **Cook** chicken mixture without a lid, **stirring occasionally** for about 5 minutes. Some of the liquid from the salsa will evaporate. When mixture is thick enough to **serve** with a spoon, **remove** it from heat.
5. While the mix cooks, **heat** the tortillas wrapped in foil in the oven for 5 minutes at 350 degrees or microwave for 30-60 seconds, 5 at a time, under a damp paper towel.
6. **Serve**  $\frac{1}{4}$ -  $\frac{1}{2}$  cup of chicken mixture on each tortilla. **Garnish** with lime wedges, avocado slices and/or cilantro, if desired. Also delicious served over rice, tortilla chips (nachos!), or salad.

Recipe Credit: Kevin Gillespie

\*Nutrition based on 6 servings, using canned chicken and corn tortillas.