

Chicken Tacos

Romeo High School



Ingredients

2 lbs. chicken thighs
1 Tbsp. olive oil
1 tsp. salt
2 Tbsp. oregano
1 Tbsp. cayenne
1 Tbsp. red pepper flakes
2 Tbsp. cumin
2 Tbsp. chili powder
1 Tbsp. paprika

1 c. diced onion
1 jalapeno
2 c. diced tomatoes
½ c Cilantro
1 lime
8 corn tortillas

Directions

Heat oil in a large fry pan, add chicken. Cook chicken about 3 minutes on each side or until completely cooked (165 degrees)
Shred chicken using two forks or cut up with a knife.
Put ½ cup of water in a medium saucepan. Add spices and chicken. Cook for about 10 minutes.
Make salsa, combine onion, jalapeno, tomatoes and chopped cilantro. Squeeze in lime juice, toss .
Heat tortillas in a dry sauté pan or in the microwave. Add chicken mixture and salsa. Enjoy!

Nutritional Information

Calories per serving
Total Fat
 Saturated Fat
Cholesterol
Sodium
Total Carbohydrates
 Dietary Fiber
Protein

Servings 2

674
32g
7g
68mg
1378mg
71g
17g
66g