Chicken Lime Soft Tacos

Put a refreshing spin on your favourite soft tacos by adding lime juice and lots of fresh vegetables. These are quick to prepare and make great leftovers for lunch.

Prep: 10 minutes• Total: 20 minutes

Ingredients:

Chicken breast	1 ½ lbs	680 g
Red wine vinegar	¼ cup	60 mL
Lime, juiced	1 each	1 each
Ground pepper	1 tsp	5 ml
Green onions, minced	2 each	2 each
Garlic cloves, minced	2 each	2 each
Fresh cilantro	½ cup	125 mL
Soft whole wheat tortillas	6 each	6 each

Toppings:
Diced tomato, spinach, shredded cheese, sour cream, salsa, etc.

Directions:

1. Sauté chicken over medium heat until browned.
2. Add vinegar, lime juice, pepper, green onions, and garlic.
3. Simmer for 10 minutes or until chicken is cooked thoroughly. Add cilantro and simmer for an additional 30 seconds.
4. Serve on warmed tortillas with desired toppings.

Nutrition Facts

Serving Size (248g)
Servings Per Container

Amount Per Serving

Calories 340	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 910mg	**38%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 29g	

Vitamin A 6% • Vitamin C 25%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *Six Sisters' Stuff*

Makes 6 servings • 1 serving = 1 taco

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