



Chicken Tacos

Makes 6 tacos | Grains | Protein | Vegetables

Ingredients

Sauce

- ¼ cup low-fat plain yogurt
- 2 Tablespoons light mayonnaise
- ¼ cup cilantro, chopped
- 1 teaspoon taco seasoning
- OR ½ cup salsa

Chicken

- ½ teaspoon taco seasoning
- 5 ounces cooked chicken (grilled, roasted, canned, in a pouch, etc).

- 2 teaspoons canola oil
- 1 Tablespoon lemon or lime juice
- 6 6-inch tortillas (corn or flour)

Toppings

- 1 cup cabbage, shredded
- ½ cup tomatoes, diced (fresh or canned)
- Lime wedges

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Combine yogurt, mayonnaise, cilantro, and 2 teaspoons of taco seasoning in a small bowl for the sauce, if using. Set in the refrigerator.
3. Cut chicken into small pieces, if needed.
4. Mix oil, lemon/lime juice, and 1 teaspoon of taco seasoning in another bowl. Pour over chicken.
5. In a medium skillet or electric skillet, heat chicken until hot all the way through.
6. Warm tortillas in the microwave, if desired.
7. Fill tortillas with chicken. Top with cabbage, tomatoes, a squeeze of lime, and yogurt sauce or salsa.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>
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