



Lime Chicken Soft Taco's

Ingredients	Directions
<ul style="list-style-type: none"> • 1 1/2 lbs boneless skinless chicken breasts, cubed • 1/8 cup red wine vinegar • 1/2 lime, juice of • 1 teaspoon white sugar • 1/2 teaspoon salt • 1/2 teaspoon ground black pepper • 2 green onions, chopped • 2 cloves garlic, minced • 1 teaspoon dried oregano 	<p>STEP 1: Saute chicken in a medium saucepan over medium high heat for about 20 minutes.</p> <p>Add vinegar, lime juice, sugar, salt, pepper, green onion, garlic and oregano. Simmer for an extra 10 minutes.</p> <p>Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas.</p>
<ul style="list-style-type: none"> • 10 6-inch flour tortillas • 1 tomato, diced • 1/4 cup shredded lettuce • 1/4 cup shredded monterey jack cheese • 1/4 cup salsa 	<p>STEP 2: Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas. You can heat in the microwave as well.</p> <p>Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.</p>

Serves 4

Dietitian's Tips

- On a budget, leave out the red wine vinegar and replace Monterey jack with whichever cheese you prefer. Use brown chicken meat instead of white.