

Chicken

Chicken Tacos

Cooking Light

Servings: 4

If you like Jalapeno Peppers.

1 cup onion, chopped

5 cloves garlic

2 jalapeno peppers, trimmed

1 pound skinless/boneless chicken breasts

1 tablespoon canola oil

1/2 teaspoon salt

1/4 teaspoon black pepper

8 6-inch corn tortillas

1 cup radish, sliced

1 cup avocado, chopped

2 tablespoons fresh lime juice

cilantro leaves

Combine onion, garlic and jalapeno peppers in a food processor; process until ground. Add chicken; process until finely ground.

Heat a large skillet over medium-high heat. Add one teaspoon canola oil.

Add chicken mixture; sprinkle with salt and pepper. Saute' 10 minutes, stirring to crumble./

Heat tortillas according to package directions. Place two tortillas on each of four plates; divide chicken mixture evenly among tortillas.

Combine radish, avocado and lime juice; divide mixture evenly among tacos.

garnish with cilantro leaves.

Per Serving (excluding unknown items): 231 Calories; 10g Fat (38.6% calories from fat); 5g Protein; 33g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 360mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 0 Fruit; 2 Fat.