



NUTRITIONAL WEIGHT & WELLNESS, Inc.
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Chicken Tacos

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| 1 tablespoon pure-pressed extra virgin olive oil | freshly ground black pepper, to taste |
| 1 minced garlic clove | 1 tablespoon pure-pressed extra virgin olive oil |
| 1 medium chopped red onion | 4 boneless, skinless chicken breasts, diced |
| 1 chopped red or green bell pepper | 8 corn tortillas |
| ½ teaspoon ground cumin | |
| ½ teaspoon dried oregano | |

Topping:

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| 1 cup grated Monterey Jack cheese | 1 sliced rip avocado |
| ¼ cup minced fresh cilantro | 2 cups shredded lettuce |
| ¼ cup minced scallions | 1 cup salsa |
| 1 cup chopped tomatoes | |

In a large nonstick skillet, heat 1 tablespoon oil over medium-high heat. When oil is hot, add garlic, onion, bell pepper, cumin, oregano and black pepper and sauté until softened, about 5 minutes. Remove from pan and set aside. Heat remaining 1 tablespoon oil in same skillet over medium-high heat. When oil is hot, add diced chicken and sauté until chicken is tender, about 5 to 10 minutes. Add sautéed vegetables to cooked chicken and cook until heated through.

Either layer corn tortillas between paper towels and microwave on high 10 to 20 seconds, or use tongs to heat tortillas directly over gas burner, turning once until softened and puffed up.

Spoon chicken and vegetable mixture onto tortillas, dividing evenly. Fold each taco in half and top with grated cheese, cilantro, scallions, tomatoes, avocado and lettuce. Serve salsa on the side.

**This recipe is taken from The Schwarzbein Principle Cookbook by Diana Schwarzbein, M.D., Nancy Deville and Evelyn Jacob.*