



**Nutrition
information
per serving:**

Calories

340

Carbohydrate

32 g

Dietary Fiber

7 g

Protein

27 g

Total Fat

12 g

Saturated Fat

3.5 g

Trans Fat

0 g

Cholesterol

70 mg

Sodium

360 mg



Yucatan Chicken Tacos

Serve these tasty tacos with extra cilantro and lime wedges.

Makes 4 servings. 2 tacos per serving. | Prep time: 15 minutes | Cook time: 5 minutes

1. In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.
2. To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.
3. Spoon filling into warm tortillas and top with cheese and avocado.
4. Serve immediately.

- 1½ tablespoons balsamic vinegar**
- 1 tablespoon finely chopped canned chipotle peppers in adobo sauce**
- ½ teaspoon garlic salt**
- 2 cups chopped or shredded, cooked chicken breast**
- 2 cups shredded cabbage or prepared coleslaw mix**
- ¾ cup finely chopped red onion**
- 8 (6-inch) corn tortillas**
- ¼ cup crumbled Añejo or Panela cheese**
- 1 avocado, peeled, pitted, and chopped**

tip: Add color and more flavor to your tacos – mix in shredded carrots and cilantro!

