

Chicken Tacos & Corn Salsa

Servings: 4

RECIPE BOX

INGREDIENTS

3 CHICKEN BREASTS
TACO OR SPICY SEASONING
(FLAVOR GOD EVERYTHING
SPICY WORKS GREAT)
1 CAN CORN, DRAINED AND
RINSED or 1 CAN WHITE BEANS
DRAINED AND RINSED
1/2 LIME, SQUEEZED FOR JUICE
1/2 RED PEPPER
1 JALAPENO
1/2 MEDIUM RED ONION
1 AVOCADO, DICED
SEA SALT TO TASTE
CILANTRO, DICED TO TASTE



DIRECTIONS:

STEP 1: Preheat oven to 350 F. Place chicken in oven dish, coated with cooking spray. Shake spicy seasoning on chicken. Cover with parchment paper to make a “tent” over the chicken. Bake for 20-30 minutes. Shred after fully cooked.

STEP 2: Combine remaining ingredients to make salsa in separate bowl.

STEP 3: Serve on soft corn tortillas or add ½ cup black beans to make chicken bowl. Can add shredded cheese, top with chicken and then salsa!

GF This recipe is gluten free as written.

V Replace chicken with sliced tofu or zucchini.

Nutrition per Serving: Calories 301, Total Fat 13g, Carbs 11g, Protein 29g, Fiber 6g, Sugars 9g.

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