

## Verde Chicken Tacos

Makes 10 tacos

1 medium onion, finely chopped  
3 garlic cloves, finely chopped  
5 tomatillos, roughly chopped  
1/2 t onion powder  
1/4 cup salsa verde (from a jar or can)  
2 cups shredded chicken  
1 medium zucchini, 1/4" dice  
1 1/2 cups red cabbage  
1 1/4 cups reduced fat shredded cheese  
12 taco shells



Place onions, garlic, and tomatillos in a medium pot or pan on medium-high heat, cover, and cook until onions are translucent stirring every thirty seconds. Add onion powder, salsa, and chicken and cook at medium heat covered for an additional 5 minutes. Add zucchini and cook for an additional 5 minutes uncovered stirring every 45 seconds. Serve in taco shells topped with shredded cheese, and red cabbage.

Nutrition information (per taco): 250 calories, 9g fat, 27g protein, 14g carbohydrate, 210mg sodium, 2g dietary fiber. Excellent source of: Calcium, vitamin C. Good source of Vitamin A

