

Quick Chicken Tacos

Makes 6 servings (2 tacos each)

1 Rotisserie chicken, deboned and skinned removed, chopped (~4 cups)
2 cups chunky salsa (recommend black bean & corn salsa)
12 taco-size, soft tortillas (either flour or corn)
Accompaniments: shredded lettuce, diced tomatoes, low fat shredded cheese, salsa

Wrap tortillas in 2 moistened paper towels, and heat for 30 seconds on high, or until tortillas are softened.

Place salsa and chopped rotisserie chicken in a medium skillet, and heat over medium high-heat. (You may also heat in microwave, covered, for 2-3 minutes until heated through). When salsa begins to get bubbly and chicken is heated through, serve chicken mixture (about 1/3 cup each taco) on warmed tortillas.

Suggested accompaniments: shredded lettuce, diced tomatoes, sliced red onions, diced avocado, low fat shredded cheese, salsa, light sour cream.

Nutrition information per taco, without accompaniments: 150 calories, 3g fat (0.5g saturated fat), 2g dietary fiber, 12g protein, 380mg sodium.

