

Shredded chicken street tacos

Makes 8 tacos

Ingredients:

4 garlic cloves, minced or mashed
1 tablespoon chili powder
1/2 teaspoon salt
2 tablespoons canola oil
4 medium sized boneless, skinless chicken breasts
1 (15oz) can crushed tomatoes
1 tablespoon red wine vinegar
8 corn or flour tortillas

Optional additional toppings : sliced red onion, chopped tomatoes, salsa, guacamole, cheese, cilantro



In small bowl, mix garlic, chili powder, and salt into a paste. Spread onto one side of the chicken breast.

In a large skillet, heat the canola oil over medium heat until hot and place the chicken seasoning side down in the oil, frying for 3-5 minutes or until a slight crust forms on the chicken.

Flip the chicken and add crushed tomatoes and vinegar. Cover the pot and simmer for 10 minutes or until chicken is cooked through.

Transfer chicken to a cutting board and allow to rest for 5-10 minutes. Use a fork to shred the meat, then return meat to the cooking pot and mix to combine.

Place a spoonful of chicken into each tortilla and add any additional toppings.

Recipe source: Adapted from The 5 Ingredient College Cookbook by Pamela Ellgen

Nutrition info (per 2 tacos): 412 calories, 15g fat, 821mg sodium, 26g carb, 5g fiber, 47g protein



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