

RECIPE

Chicken Tacos



1 serving

Calories: 350

Protein: 46g

Fat: 21g

Fiber: 8g

Ingredients

- 4oz chicken
- ½ avocado
- 2 grain free tortillas (Preferably Siete or ezeziel)
- 2 tablespoons greek yogurt
- 4 tablespoons pico de gallo
- 2 tablespoons, shredded cheese.
- ⅓ cup cilantro

Preparation

- Season the chicken thighs with salt and pepper.
- Sear them in a large skillet over medium-high heat or an airfryer for 5-7 minutes per side until browned and cooked through.
- Alternatively, you can bake them at 400°F (200°C) for about 20-25 minutes, or until the internal temperature reaches 165°F (74°C).
- While chicken is cooking, cut up the avocado
- Once cooked, remove the chicken from the skillet/airfryer and place it on a cutting board. Let it rest for a few minutes, then shred it using two forks.
- Lightly warm your taco shells or tortillas according to package directions just before serving.
- Lather the inside of the shells with the greek yogurt
- Spoon generous portions of the crack chicken filling into the warm taco shells.

- Top with shredded cheese, pico de gallo, and a dash of cilantro