

BUFFALO CHICKEN TACOS



(Gluten-Free optional, Nut-Free, Egg-Free,)

Yield: 4 servings **Total time:** 20 minutes

Ingredients

- 2 boneless, skinless chicken breasts
- 1/2 tbsp each: chili powder, onion powder, garlic powder, and black pepper
- 2 tbsp olive oil, divided
- 1/2 cup Frank's Buffalo Wings Sauce
- 8, 4-inch whole-grain or corn tortillas
- 2 cups shredded cabbage or lettuce
- 1 cup salsa or pico de gallo
- 1 avocado, mashed
- 1/2 cup shredded cheddar or Mexican cheese
- 1/4 cup blue cheese dressing or sour cream
- Fresh cilantro

Directions

1. Cut the 2-chicken breast into 1-inch pieces and place them into a medium-sized bowl. Sprinkle 1 tbsp olive oil, chili powder, onion powder, garlic powder, and black pepper over the top and toss to coat.
2. Heat 1 tbsp of olive oil in a large skillet over medium-high heat. Add the chicken and cook until the pieces are golden brown, about 4 minutes. Flip the pieces over and cook for another 4 minutes.
3. Add the Frank's wing sauce to the pan with and mix everything together. Set off to the side.
4. Prep toppings: shred cabbage or lettuce, mash avocado and trim cilantro.
5. Build tacos: place tacos on a plate. Fill with chicken pieces then top with shredded cabbage/lettuce, salsa, avocado, cheese, blue cheese dressing/sour cream and fresh cilantro. Serve immediately.

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Grocery List

- Chicken breast
- Olive oil
- Frank's Wing Sauce
- Tortillas
- Shredded lettuce
- Salsa
- Avocado
- Shredded cheese
- Blue cheese dressing
- Fresh cilantro
- Seasonings: chili powder, onion powder, garlic powder, black pepper

Kitchen Equipment

- 2- Cutting boards
- Knife
- Skillet
- Spatula
- Measuring cups and spoons
- Serving plates or taco holders

1 serving = 2 Buffalo Chicken Tacos

Per serving: 462 Calories; Total Fat 33g; Saturated Fat 3g; Sodium 300mg;
Total Carbohydrates 26g; Fiber 6g; Protein 30g

Nutrition Information

- If you're looking for a healthy taco option, we recommend getting lean chicken, turkey or bean tacos. These protein options have less fat than red meats, but they're packed with protein.
- Tacos can be a healthy option when you focus on a good balance of protein, fats and carbohydrates and provide ample amounts of fiber, vitamin C, calcium and iron.
- Instead of flour tortillas made from enriched flour (a refined grain), look for whole grain options (corn or whole wheat). Just as with bread, whole-grain tortillas provide more fiber and a more complete package of nutrients and health-protecting plant compounds.