



Chicken Soft Tacos with Sautéed Onion and Apples

Ingredients:

- 1 tablespoon olive oil
- 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- 1 tablespoon butter
- 1 ½ cups thinly sliced onion, cut into half rings
- 2 cups thinly sliced Granny Smith apple (about 2 apples)
- 1 medium red bell pepper, thinly sliced
- 2 garlic cloves, minced
- 8 (8-in.) whole wheat flour tortillas

Directions:

1. Heat olive oil in a large nonstick skillet over medium heat. Sprinkle the chicken evenly with salt, cumin, and pepper. Add chicken to pan; sauté 7 minutes or until cooked and golden. Remove the chicken from pan; keep warm.
2. Melt butter in pan over medium heat. Add onion and cook 4 minutes or until tender, stir frequently. Add apple and red bell pepper; cook 6 minutes or until apple slices are golden, stir frequently. Add garlic and cook 30 seconds, stir constantly. Return chicken to pan; cook 2 minutes or until heated thoroughly, stir frequently.
3. Heat the tortillas according to the package directions. Place 1/2 cup chicken mixture evenly over each tortilla.

Serves 4

Serving size: 2 tacos

Nutrition Facts			
Serving Size 2.00 item(s) (462g)			
Amount Per Serving			
Calories	505	Calories from Fat	104
			% Daily Value
Total Fat	11.6g		18 %
Saturated Fat	3.0g		15 %
Trans Fat	0.1g		
Cholesterol	80.2mg		27 %
Sodium	695.5mg		29 %
Total Carbohydrate	68.5g		23 %
Dietary Fiber	10.1g		40 %
Sugars	17.0g		
Protein	33.8g		
Vitamin A	22 %	Calcium	13 %
Vitamin C	83 %	Iron	19 %

