



Spicy Chicken Tacos with Garlic Cilantro Lime Slaw

Serves 4 (2 tacos each)

Ingredients:

For the Garlic Cilantro Lime Sauce

- ¼ cup oil
- ¼ cup water
- ½ cup chopped green onions
- ½ cup cilantro leaves
- 2-3 cloves garlic
- ½ teaspoon salt
- juice of 2 limes
- ½ cup sour cream

For the Chicken Tacos

- 2 chicken breasts
- 1 teaspoon each chili powder, cumin and southwestern seasoning
- ¼ teaspoon cayenne pepper
- 2-3 cups shredded green cabbage
- 8 small flour tortillas
- 1 Avocado
- corija cheese and additional cilantro
- lime wedge for serving

Directions:

1. Pulse all the sauce ingredients except the sour cream in a food processor. When mostly smooth, add the sour cream and pulse until combined. Taste and adjust as needed. Set aside.
2. Heat a drizzle of oil a large skillet over medium high heat. Pat the chicken dry with paper towels and sprinkle with the spices. Add the chicken to the hot pan and sauté for 10 minutes, flipping occasionally, until the chicken is cooked through.
3. Toss some of the sauce (not all) with the cabbage until it the cabbage is coated to your liking. It should resemble a coleslaw - you want it to be enough sauce so the cabbage is weighed down a little bit. Use leftover sauce on top of the tacos or in other recipes.
4. To serve tacos, smash a spoonful of avocado on the tortillas, top with a few pieces of chicken, top with coleslaw, and finish with Cotjia cheese, cilantro, and lime wedges.



Nutrition Facts	
Amount Per Serving	
Calories	356
	% Daily Value*
Total Fat 18.8g	29%
Saturated Fat 3.5g	18%
Cholesterol 190mg	63%
Sodium 315.2mg	13%
Total Carbohydrate 23.3g	8%
Dietary Fiber 6.8g	27%
Sugars 2.5g	
Protein 26.8g	54%
Vitamin A 0%	Vitamin C 36%
Calcium 15%	Iron 10%

Gabi Alfonso
Wellness Nutritionist
MS Sport Nutrition '17
galfonso@uccs.edu

Emily Kaley
Wellness Register Dietitian
MS Sport Nutrition '17
ekaley@uccs.edu