

HEALTHY STREET TACOS

Servings | Prep Time | Total Time

1 20 min. 25 min

Ingredients

3 Corn Tortilla's
3 oz Red Bell Pepper
2 oz Portabella Mushrooms
1 oz Red Onion
4 oz Chicken tenders (about 3)
5 Pepper Seasoning of Choice
28 grams of cheddar cheese shredded
½ cup chunky salsa of choice
Pam Olive Oil Spray



DIRECTIONS

1. Spray cookie sheet with Pam Olive Oil Spray set aside.
2. Sprinkle Chicken tenders with 5 Pepper Seasoning, place on medium grill for 4-7 min each side. I like mine crispy, so I usually go for 7 min on each side.
3. Chop vegetables in ¼-1/2-inch chunks place on cookie sheet and spray with oil. Sprinkle 5 Pepper Seasoning on Veggies.
4. Place veggies under oven broiler for 7 min.
5. When veggies are done, stir together on cookie sheet and push to a corner. Place corn tortillas on the sheet and spray. (I usually end up with one tortilla on the veggies) Place in broiler for about 1.5 mins keeping an eye on it, so it doesn't over crisp. Flip and repeat. When done remove and set aside.
6. When Chicken is done cut into ¼ to ½ inch chunks.
7. On corn tortillas split the veggies, chicken and cheese evenly and return to broiler until melted.

Serve on plate with ½ cup of salsa.

NUTRITIONAL INFO:

Fat 11.8 g; Carbs 43.2 g; Protein 38.3 g; Fiber 3.8 g; Calories 411

NOTE: Prepping Chicken & Veggies ahead of time makes this recipe in under 10 min.