

WELLNESS CONNECTION

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NOURISHING YOU - Baked Chicken Tacos

Recipe by Leana Coffey

Serves 6

If you like tacos, you are going to love this tasty taco recipe! It comes to you just in time for Cinco de Mayo. Bake these tacos on a wire rack with a cookie sheet on top to ensure they stay closed and sealed while baking. These are great for meal prep or double the recipe to feed a large crowd. Cut down on your cooking time by using rotisserie chicken. This recipe uses a [Fajita Chicken and Peppers](#) recipe for the taco filling, but refer to the [original recipe](#) for a few other tasty filling options. Enjoy!



Ingredients

- 6 extra-thin corn tortillas
- 6 oz. cooked chicken breast, chopped or shredded
- 3 red and/or green bell peppers
- 1 medium-sized yellow onion
- 2 Tbsp. olive oil
- 1 Tbsp. chili powder
- 1 tsp. lime juice
- 1 tsp. salt

- 1 tsp. garlic
- ½ cup (56g) shredded cheddar, or other shredded cheese

Instructions

1. Preheat oven to 400F.
2. Cut the chicken breasts into thin strips and add to a resealable container with 1 tablespoon olive oil, chili powder, and lime juice. Evenly coat the chicken and refrigerate to marinate for a few hours, if possible.
3. Cut the peppers and onions into strips.
4. Heat a large skillet over medium-high heat with the remaining tablespoon of olive oil. Once the pan is hot, add the peppers, onion, and salt. Stirring often, cook for about 20 minutes until they begin to soften.
5. When veggies are cooked, create a well and add the garlic. Cook for 30-60 seconds before transferring the veggies to a plate. Optional: squeeze half a lime over the veggies.
6. Immediately add the chicken to the skillet and cook for 3-4 minutes, making sure the bottoms don't burn before flipping. Remove from heat and cover. Let the chicken rest for at least five minutes in the pan. Make sure the chicken is cooked through (juices run clear or 165F internal temperature on the largest piece).
7. Wrap the tortillas in a slightly damp paper towel and microwave for 45-60 seconds, flipping halfway through (this will make the tortillas easier to fold).
8. Spread the chicken filling on one side of each tortilla, being sure not to over-fill your tacos. If you notice any tearing in the tortillas, you need to microwave the tortillas for another 15-30 seconds.
9. Place tacos on a wire rack with a baking sheet or flat surface with a bit of weight on top of the tacos to press them down. This prevents the tacos from opening during baking and helps the cheese fully seal the tacos so they stick together after baking.
10. Bake for 8-12 minutes or until the tortillas are golden brown. Be careful not to burn. If you are having trouble getting them crisp, remove the top baking sheet towards the end of cooking since the tacos will be sealed by then. Using a baking sheet instead of a wire rack on the bottom will take a bit longer.

Nutrition Information (serving size: 1 taco): Calories 193 | Fat 8.5g | Carbs 14g | Protein 30g