

Chicken Tacos



PREPARATION TIME
15 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
spicy nachos



Store-bought salsa can put a dent in the weekly budget. Make your own salsa by mixing canned tomatoes and hot sauce with chopped onion, bell pepper and fresh cilantro.

SHOPPING LIST

- chicken • salsa • corn
- black beans • lettuce
- tomato • Cheddar cheese
- taco shells

Chicken Tacos

INGREDIENTS

- 3 skinless, boneless chicken breasts (4 ounces each)
- 1 cup salsa, divided
- 1 (7-ounce) can Mexican corn, drained
- 1/2 cup canned black beans, drained
- 8 crisp or soft taco shells
- 1 1/2 cups shredded lettuce
- 1/2 cup finely shredded Cheddar cheese
- 1 small tomato, chopped

SERVES 4

COOK'N Xpress

• A quick way to shred lettuce is to cut a head of iceberg lettuce in half vertically. Put the flat side down on the chopping block and slice the lettuce crosswise into very thin strips. Or you can buy pre-shredded lettuce in some grocery store produce sections.

Make Ahead

Prepare the taco filling through step 3 up to 24 hours ahead. Reheat before filling the taco shells.

VARIATION

Dress up these tacos by adding chopped black olives and sour cream as a garnish.

1 Cut chicken into small pieces. Spray a large skillet with cooking spray. Heat skillet over medium heat; add chicken and 1/2 cup salsa.



2 Cook, stirring, for about 5 minutes or until chicken is cooked through. Add corn and beans; mix well.

3 Simmer until slightly reduced, about 3 minutes. Spoon chicken mixture into taco shells.



4 Divide lettuce, cheese and tomato among taco shells. Arrange on a serving plate. Serve hot with remaining salsa.