



Ground Chicken Tacos

Recipe Courtesy Chef Bryan Woolley

- 1 Tbsp chili powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1 lb ounces lean ground chicken
- 1 cup chopped onion
- 8 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
- 3/4 cup shredded reduced fat (2%) cheese
- 4 cups shredded lettuce
- 2 medium tomatoes, diced

In a small bowl, stir together the chili powder, cumin and oregano.
In a nonstick frying pan, brown the ground chicken. Add onion and cook over medium heat until onion is translucent. Drain well. Add the spices and stir to mix evenly.

To serve, place a 1/4 cup of the meat mixture in each tortilla. Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, and 1/2 cup shredded lettuce. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.
Serves 4.

Nutrition Facts

Serving Size: Two tacos	
Calories	430
Total Fat	18g
Saturated Fat	6g
Cholesterol	115mg
Sodium	510mg
Carbohydrates	31g
Dietary Fiber	5g
Protein	30g

[Click to create your online shopping list at](#)

