



## **Ground Chicken Tacos**

**Serves 4**

- 1 Tbsp chili powder
- 1 tsp cumin
- ½ tsp oregano
- 1 lb lean ground chicken
- 1 cup chopped onion
- 8 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
- ¾ 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 ¼ cup of the meat mixture in each tortilla. Top each with 1 tablespoon cheese, ½ of the diced tomatoes, and ½ cup shredded lettuce. Fold in both sides of the tortilla up over the filling, and then roll to close. Serve immediately.

### **Nutritional Analysis**

Serving Size: 2 tacos

Calories	430
Total Fat	18g
Saturated Fat	6g
Carbohydrate	31g
Cholesterol	115mg
Sodium	510mg
Dietary Fiber	5g
Protein	30g