



Spanish Tacos

Serves 4 Start to Finish: 19-22 minutes

Filled with shredded chicken simmered in tomato-based mixed-vegetable juice seasoned with turmeric, these tacos are a delicious alternative to the traditional Mexican version.

- 1 1/2 cups low-sodium mixed-vegetable juice
- 3 medium garlic cloves, minced
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, halved lengthwise
- 8 6-inch yellow corn tortillas
- 1 medium tomato, seeded and diced
- 1/2 medium avocado, diced
- 3 ounces white cheese, such as queso fresco, crumbled

In a medium nonstick skillet, stir together the juice, garlic, turmeric, salt, and pepper. Add the chicken. Cook over medium-high heat for 2 minutes or until the juice comes to a boil. Reduce the heat and simmer for 10 minutes, or until the chicken is no longer pink in the center, turning over once halfway through.

Remove the skillet from the heat. Let the chicken and juice sit for about 2 minutes, or until the chicken is cool enough to handle. Transfer the chicken to a cutting board. Using two forks, shred the chicken. Return it to the skillet. Bring to a simmer over low heat.

Meanwhile, warm the tortillas using the package directions.

Spoon the chicken down the center of each tortilla. Top with the tomato, avocado, and cheese. Fold the sides of the tortillas over the filling.

Cook's Tip: Queso fresco (KAY-soh FRAY-skho) is a soft white cheese that is moist and mild. It crumbles well, making it perfect for topping enchiladas, tacos, and other Mexican dishes. Check larger supermarkets and specialty markets for queso fresco, but if you don't find it, try crumbled farmer cheese, soft goat cheese, or fat-free feta cheese or shredded low-fat Monterey Jack.

Nutritional Analysis

Serving Size: 2 tacos

Calories	288
Fat	8g
Saturated Fat	2g

Trans Fat	0g
Polyunsaturated Fat	1g
Monounsaturated Fat	3.5g
Cholesterol	73mg
Sodium	360mg
Carbohydrates	23g
Fiber	3g
Protein	32g
Sugars	5mg

Diabetic Exchanges: 1 starch, 3 vegetable, 3 ½ lean meat