



Chicken Tacos *A South American classic*

Serves 4

INGREDIENTS

- 1 pound chicken breast
- 1 bay leaf or Laurel leaf
- 4 medium corn taco shells
- 2 tablespoons canola oil
- 1 cup shredded lettuce
- 4 tablespoons sour cream
- 1 diced onion
- 2 minced garlic cloves

DIRECTIONS

1. Put chicken and broth in slow cooker and cook on low heat for 8 hours (or 10 minutes in a pressure cooker) with the bay or Laurel leaf.
2. Shred the chicken with a fork.
3. Sauté onion and garlic in canola oil. Add the shredded chicken and stir.
4. Heat the corn taco shells in the microwave for 5-10 seconds.
5. Add chicken mixture to the taco shells, garnish with shredded lettuce and sour cream as desired.

NUTRITION:

Nutrition info includes all ingredients that are listed above.

420 calories

17 g protein

240 mg phosphorus

380 mg potassium

280 mg sodium