

Soft Chicken Tacos

1½ pounds chicken breasts
1 small onion
Nonstick cooking spray
½ cup canned no added salt diced tomatoes, undrained
1 teaspoon mild taco seasoning mix
¼ cup shredded reduced fat Monterey Jack cheese or reduced fat sharp cheddar cheese
8 (8 inches each) flour tortillas
¼ cup fat free sour cream

Makes 8 portions, 1 taco each

Per portion

Calories:	249
Carbohydrate:	24 grams
Protein:	24 grams
Fat:	5 grams
Saturated fat:	2 grams
Cholesterol:	52 milligrams
Sodium:	412 milligrams
Dietary fiber:	0

1. Skin chicken if needed. Place chicken breasts in a saucepan with enough water just to cover. Bring to a boil, and cook until meat shreds easily.
 2. Remove chicken from water, de-bone chicken if needed, shred and set aside.
 3. Chop onion.
 4. Lightly coat large nonstick skillet with cooking spray. Heat skillet to medium heat. Add onion and cook until clear.
 5. Add shredded chicken, stir in undrained tomatoes, and taco seasoning. Reduce heat to low and simmer 30 minutes, or until the sauce is thick.
 6. Remove pan from heat, sprinkle cheese over the chicken mixture.
 7. Serve over flour tortillas and serve with fat free sour cream.
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