

*Crispy*

# BAKED CHICKEN TACOS



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## INGREDIENTS

### Taco Filling

- 1 lb. lean ground chicken 96/4
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 2 tsp. smoked paprika
- 1 Tbsp. chili powder 1/5
- 1.5 Tbsp. gro
- 1/4 cup water
- 1 Tbsp. lime juice
- 8 corn tortillas
- 1 1/2 cup shredded Mexican blend cheese 112g

### Avocado Crema

- 2 ripe avocados 183g
- 1/2 cup low-fat cottage cheese 110g
- 4 Tbsp. lime juice
- 1/4 cup cilantro
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 2-3 Tbsp. milk (any) to thin
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# METHOD

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- 01** Preheat the oven to 400 degrees Fahrenheit.
- 02** Spray a medium skillet with nonstick spray over medium heat. Add the ground chicken and cook breaking into bite size pieces for approximately 5 minutes until no longer pink.
- 03** While the meat cooks make the homemade taco seasoning. Add the salt, onion powder, garlic powder, smoked paprika, chili powder, cumin, water and lime juice to a small mixing bowl. Combine.
- 04** Lower the heat to a simmer, add the taco seasoning paste and stir to combine. Let simmer for 3-5 minutes.

# METHOD

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**05** To make the corn tortillas easier to work with, wrap them in a damp paper towel and microwave for 15-20 seconds. Spray a large baking sheet with nonstick spray or oil spray and lay out a tortilla. Top half the tortilla with 7g Mexican cheese, ¼ cup (58g) taco meat and top with an additional 7g cheese. Fold over and repeat with the remaining tacos.

**06** Spray the tops of the tortillas with oil spray and bake for 15 minutes. Allow to cool for a few moments to get nice and crispy.

**07** While the tacos cook make the crema. Add the avocado, cottage cheese, lime juice, cilantro, salt and garlic to a high speed blender. Blend for 5 minutes, and add 1 Tbsp. of milk at a time until you reach your desired consistency.

**08** Serve tacos topped with a drizzle of crema or on the side for dipping, red onions, salsa, and cilantro.

*Enjoy!!*