

## Soft Chicken Tacos

Everyone loves tacos. If you're making this for children, choose a milder salsa. Serve with a tomato-and-onion salad.

2 cups shredded roasted skinless, boneless chicken breasts  
 1/2 cup chopped fresh cilantro  
 1/2 cup bottled chipotle salsa (such as Frontera)  
 8 (6-inch) flour tortillas  
 1 cup chopped tomato  
 1/2 cup (2 ounces) preshredded reduced-fat cheddar cheese  
 1/2 cup diced peeled avocado  
 1/4 cup fat-free sour cream



Photography: Becky Luigart-Stayner;  
 Styling: Jan Gautro

Combine first 3 ingredients in a medium bowl, tossing well to combine. Spoon about 1/3 cup chicken mixture onto each tortilla; microwave each taco at high 30 seconds or until warm.

Top each taco with 2 tablespoons tomato, 1 tablespoon cheese, 1 tablespoon avocado, and 1 1/2 teaspoons sour cream; fold in half.

Yield: 4 servings (serving size: 2 tacos)

CALORIES 404(28% from fat); FAT 12.4g (sat 4g,mono 4g,poly 1.6g); PROTEIN 33g;  
 CHOLESTEROL 69mg; CALCIUM 193mg; SODIUM 623mg; FIBER 3.5g; IRON 3.4mg;  
 CARBOHYDRATE 40.2g

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