

C's Blackened Soft Chicken Tacos & Grilled Avo Slices

Recipe by C.

This recipe makes twelve 2 unit servings or

This recipe makes eight 3 unit servings or

This recipe makes six 4 unit servings or

This recipe makes *almost* five 5 unit servings

4 (6 oz.) boneless, skinless chicken breast halves
Generous shakes of Cholula Fajita seasoning
1 Tbsp. fresh lime juice
1 ripened peeled avocado, cut into 16 slices
Canola Oil cooking spray
8 (6 inch) La Tortilla Factory Whole Wheat Low-Carb Tortillas
2 cups shredded romaine or cabbage
1 cup salsa of your choice (check the sugar before you buy!)
1/4 cup chopped sweet onion
1/4 cup chopped cilantro

Cooks Note: You can either pound the chicken breasts by placing them between two sheets of waxed paper, or buy them as “thin cut filets”, or leave them exactly as they are! The difference only comes down to cooking time.

Whatever method you choose above, sprinkle with the Cholula seasoning; let stand about 10 minutes to absorb the flavor in a flat dish.

Combine the lime juice and the avocado slices in a small shallow dish, coating all the slices. Heat a grill pan over medium-high heat coated with cooking spray. Grill the avocado slices about 2 min. each side or until there are grill marks. Remove from pan and place separated on a plate.

Using the same grill pan, re-coat with cooking spray and place over high heat. *Don't add the chicken until the pan is hot.* Cook the chicken breasts about 4 minutes (**IF thin cut, if not, about 6 min.**) on each side or until no longer pink. Let chicken stand about 5 - 10 minutes; cut into about 1/4 inch slices. **NOW** is when you will weigh out your portion allotment(s).

Warm the tortillas that you plan to use. Place your weighed out portion of chicken into your tortilla, top with 2 slices of avocado, 1/4 cup lettuce or cabbage, 2 Tbsp. salsa, onion and cilantro. Yummy!

This is an entire meal.

Serving size depends on your unit allotment for this meal.

1 oz. chicken per one unit of protein
1 tortilla per unit (*approx.*) of carbohydrate
1 slice of avo per unit of fat