

# Chipotle Chicken & Queso Fresco Tacos



**PREP TIME:** 4 hours 20 minutes  
**COOK TIME:** 10 minutes  
**YIELD:** 6 servings; 2 tacos each

## CHIPOTLE CHICKEN BREAST INGREDIENTS

1½ tablespoons minced chipotle peppers with adobo  
1 teaspoon minced garlic  
2 tablespoons lime juice  
½ teaspoon ground cumin  
½ teaspoon salt  
½ teaspoon pepper  
4 (4-ounce) boneless, skinless chicken breasts

## INSTRUCTIONS

1. In a bowl, combine chipotle peppers, garlic, lime juice, cumin, salt and pepper for marinade. Pour marinade over chicken in a shallow dish. Keep refrigerated for 4 hours to marinate. Drain and discard excess marinade.
2. Preheat grill to medium-high. Cook chicken for 4 to 5 minutes on each side or until completely cooked through. Slice chicken into ¼-inch-thick slices, then dice.

## SALSA CRUDA INGREDIENTS

1¼ cups tomatoes, diced ¼ inch  
¼ cup red onion, diced ¼ inch  
2 tablespoons minced jalapeño peppers, seeded  
(use disposable vinyl gloves to seed)  
3½ tablespoons fresh cilantro leaves  
2 tablespoons lime juice  
½ teaspoon black pepper  
½ cup frozen corn, thawed

## INSTRUCTIONS

1. In a bowl, combine all ingredients. Mix well.

## TACO BUILD INGREDIENTS

12 (6") flour tortillas  
¾ cup mashed avocado, peeled and seeded  
1½ cups shredded romaine lettuce  
¼ cup crumbled queso fresco cheese

## INSTRUCTIONS

1. Spread 2 tablespoons mashed avocado on each tortilla. On bottom half of each tortilla, place ⅛ cup diced chipotle chicken breast, 2 tablespoons shredded lettuce, ⅛ cup salsa cruda and 1 teaspoon queso fresco cheese. Fold over tortilla to close.

### NUTRITION FACTS: 2 Tacos

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
350	110	12g	2.5g	0g	65mg	380mg	37g	6g	4g	23g

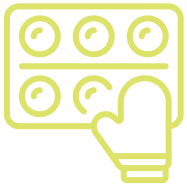
2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutritional information available upon request.

This product contains:

MILK  
WHEAT  
GLUTEN

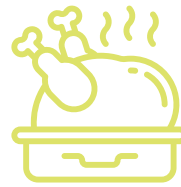
# You Can Cook Healthy at Home

It's very easy and, best of all, you don't need to invest in new kitchen appliances and fancy gadgets. Use these techniques to make delicious food that tastes great!



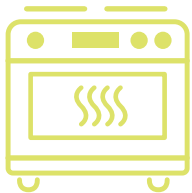
## BAKE IT

Lightly spray a baking dish or an oven-safe baking rack with olive oil. If using the rack, place it in a baking dish so any fat can drip off. Place food in the dish or on the baking rack. Check the food's internal temperature to make sure it is fully baked.



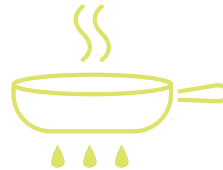
## ROAST IT

Before roasting, season or marinate the food, then sear it over high heat, if desired. Elevate food in a roasting pan with a rack so that hot air can reach all sides. If roasting meat, roast until the item reaches the desired internal temperature and let it rest before carving.



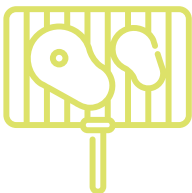
## BROIL IT

Preheat the broiler and lightly coat an oven-safe cooking rack with vegetable spray; place the rack inside a baking dish. Place food on the rack, and turn once during broiling, if necessary. Carefully monitor cooking, as foods can burn quickly.



## SAUTÉ IT

Sauté means to cook food quickly over relatively high heat with a minimal amount of fat. It's especially suited to cooking small or thin food. If you use a pan with a nonstick surface, you won't need to add any oil.



## GRILL IT

Preheat your grill and grill rack. You may need to brush on vegetable oil if you aren't cooking meat that's been marinated. Place items on grill and turn them halfway through the suggested cooking time. Apply any wet sauces or bastes in the final minutes of cooking.



## STEAM IT

Place vegetables in a steamer basket over boiling water and cook until tender.



## STIR-FRY IT

Add a little oil to a wok or frying pan and heat it up to quickly cook protein and vegetables over high heat.