Chicken Soft Tacos with Sauteed Onion and Apples

1 tbsp olive oil
1 pound skinless, boneless chicken breast, cut into bite-sized pieces
1/2 tsp salt
1/2 tsp ground cumin
1/2 tsp freshly ground black pepper
1 tbsp butter
1 1/2 cups thinly sliced onion, cut into half rings
2 cups thinly sliced Granny Smith apple (about 2 apples)
1 medium red bell pepper, thinly sliced
2 garlic cloves, minced
8 (8-in.) whole wheat flour tortillas

Directions:

1. Heat olive oil in a large nonstick skillet over medium heat. Sprinkle the chicken evenly with salt, cumin, and pepper. Add chicken to pan; sauté 7 minutes or until cooked and golden. Remove the chicken from pan; keep warm.

2. Melt butter in pan over medium heat. Add onion and cook 4 minutes or until tender, stir frequently. Add apple and red bell pepper; cook 6 minutes or until apple slices are golden, stir frequently. Add garlic and cook 30 seconds, stir constantly. Return chicken to pan; cook 2 minutes or until heated thoroughly, stir frequently.

3. Heat the tortillas according to the package directions. Place 1/2 cup chicken mixture evenly over each tortilla.

Serves 4.

Nutrition Facts

Serving Size 2.00 item(s) (462g)
Sodium 986.5mg
Calories 505
Total Carbohydrate 68.5g
Protein 39.8g

% Daily Value
Cholesterol 88.2mg 27 %
Vitamin A 22 %
Vitamin C 83 %
Calcium 13 %
Iron 19 %

Contribution: CSU Kendall Anderson
Nutrition Center

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