



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



Nutrition Facts	
Serving Size 2.00 item(s) (462g)	
Amount Per Serving	
Calories	505
Calories from Fat	104
% Daily Value	
Total Fat	11.6g
Saturated Fat	3.0g
Trans Fat	0.1g
Cholesterol	80.2mg
Sodium	695.5mg
Total Carbohydrate	68.5g
Dietary Fiber	10.1g
Sugars	17.0g
Protein	33.8g
Vitamin A	22 %
Calcium	13 %
Vitamin C	83 %
Iron	19 %

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.

Contributor: CSU Kendall Anderson Nutrition Center



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