Nutrition information per serving:

- Calories: 340
- Carbohydrate: 32 g
- Dietary Fiber: 7 g
- Protein: 27 g
- Total Fat: 12 g
- Saturated Fat: 3.5 g
- Trans Fat: 0 g
- Cholesterol: 70 mg
- Sodium: 360 mg
Yucatan Chicken Tacos

Serve these tasty tacos with extra cilantro and lime wedges.

Makes 4 servings. 2 tacos per serving. | Prep time: 15 minutes | Cook time: 5 minutes

1½ tablespoons balsamic vinegar
1 tablespoon finely chopped canned chipotle peppers in adobo sauce
½ teaspoon garlic salt
2 cups chopped or shredded, cooked chicken breast
2 cups shredded cabbage or prepared coleslaw mix
¾ cup finely chopped red onion
8 (6-inch) corn tortillas
¼ cup crumbled Añejo or Panela cheese
1 avocado, peeled, pitted, and chopped

1. In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.
2. To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.
3. Spoon filling into warm tortillas and top with cheese and avocado.
4. Serve immediately.

(tip: Add color and more flavor to your tacos – mix in shredded carrots and cilantro!)