



Chicken Salad Taco

Number of servings: 3

Serving size: 2 tortillas

Equipment:

Rice Cooker

Ingredients:

- 1 boneless skinless chicken breast
- 1 ear of cooked corn, kernels cut from the cob, or 1-15 ounce can of corn
- 1 tomatillo (or substitute ½ cucumber) husked, rinsed and chopped
- 1 Tablespoon jalapeno, finely chopped
- ¾ cup red onion, finely chopped
- 1 cup jicama, chopped
- 1 avocado, chopped
- ¼ cup cilantro, chopped
- Juice of 3 limes
- 2 teaspoons honey and ¼ teaspoon sugar
- 2 Tablespoons, plus 2 teaspoons olive oil
- 6 small corn tortillas, warmed

Directions:

Add 1 teaspoon of olive oil to the rice cooker and coat chicken breast with the other teaspoon of olive oil. Season the chicken with salt and pepper. Place the chicken into the rice cooker (do not use rack), cover and press down “on” button. Cook for 25 minutes then unplug the cooker. While chicken is cooking, in a bowl add corn, tomatillo, jalapeno, red onion, jicama, avocado and cilantro. Whisk the juice of 3 limes and 2 tablespoons olive oil together. Add to the vegetables and toss to coat. When the chicken is cool enough to handle, chop or shred it and add to the bowl. Serve on warm tortillas.

Cost per recipe: \$7.98

Cost per serving: \$2.66

MyPlate servings: ½ serving of grains, 1 ¼ serving of vegetables, ¼ serving of fruit, 1/3 serving of protein

Nutrition Facts

Serving Size 2 tortillas

Serving Per Container 3

Amount Per Serving

Calories 336

% Daily Values*

Total Fat 21g	32%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 17g	
Cholesterol 24mg	8%
Potassium 598mg	17%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 13g	26%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>