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## Recipes

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Posted on September 15, 2011

## Chile Chicken Tortillas

Our handy Chicken Tortillas cost just \$2 per serving, and take a mere 11 minutes to make. Talk about a quick and easy lunch!

By Nancy S. Hughes | Photo: Yvonne Duivenvoorden

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Serves: 4  
Hands-on time: 8 minutes  
Total time: 11 minutes

CATEGORY:  
Under 45 Minutes

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### TIP:

Try our Avocado Sour Cream as a vegetable dip, sandwich spread or tortilla topper. Or, you can thin it out with a small amount of fresh lime juice and water for a Mexican-infused salad dressing. Olé!

### INGREDIENTS:

- Olive oil cooking spray
- 12 oz boneless, skinless chicken breasts, rinsed, patted dry and cut into thin strips
- 1 tbsp chile powder
- 4 whole-wheat tortillas (each 7 1/2 inches in diameter)
- 3 cups shredded romaine lettuce
- 1 medium green bell pepper (4 oz), thinly sliced
- 1/2 cup thinly sliced red onions
- 1 lime, quartered

### AVOCADO SOUR CREAM

- 1 avocado, pitted and peeled
- 1/4 cup low-fat sour cream
- 2 tbsp water, optional
- Juice 1 lime
- 1 clove garlic, peeled
- 1/4 tsp sea salt
- 2 tbsp chopped cilantro leaves



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## INSTRUCTIONS:

1. Prepare Avocado Sour Cream: Combine all ingredients in a blender and purée until smooth; set aside. (If not serving immediately, cover with plastic wrap and refrigerate for up to 24 hours.)
2. Coat a large nonstick skillet with cooking spray and set on medium-high heat. Season chicken with chile powder. Once skillet is hot, cook chicken for 3 minutes or until no longer pink in center, stirring frequently. Remove from heat.
3. Warm tortillas according to package directions. Place lettuce, pepper and onions onto each torilla, dividing evenly. Spoon about 3 tbsp Avocado Sour Cream onto each and top with chicken, dividing evenly. Squeeze lime over each tortilla and serve immediately. Tortillas may be served open-faced with a knife and fork or rolled-up like a burrito.

Nutrients per serving (1 tortilla, 3 oz chicken, 3 tbsp Avocado Sour Cream, 1 cup vegetables): Calories: 368, Total Fat: 13 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 34 g, Fiber: 8 g, Sugars: 4 g, Protein: 26 g, Sodium: 362 mg, Cholesterol: 57 mg

KEYWORDS: chicken, lunch, budget-friendly, Mexican

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