



GRILLED CHICKEN TACOS WITH GUACAMOLE

May 16

National Barbeque Day

INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
 - ¼ Cup Canola or Vegetable Oil
 - 2 Tablespoons Fresh Lime Juice
 - 1 Teaspoon Chili Powder
 - 1 Teaspoon Cumin Powder
 - ½ Teaspoon Garlic Powder
 - 1 Teaspoon Salt
 - 1 Teaspoon Pepper
 - 12 Tortilla, Soft, Flour (about 6"; enriched or whole grain-rich)
 - 1 Cup Cherry Tomatoes
- Guacamole:
- 3 (1½ Cups) Avocados
 - ½ Cup White Onion (finely diced)
 - ¼ Cup Cilantro Leaves (chopped)
 - ½ Jalapeno (finely diced)
 - 2 Tablespoons Fresh Lime Juice
 - 1 Teaspoon Salt
 - ¼ Teaspoon Garlic Powder (optional)

DIRECTIONS

1. In a bowl, stir together oil, lime juice, chili powder, cumin, garlic powder, salt, and pepper. Pierce chicken breasts with a fork. Place in a large Ziploc bag. Pour marinade over chicken. Let marinate for at least 30 minutes up to 5 hours.
2. Preheat grill to medium heat. Brush grill with oil to prevent sticking. Place chicken on the grill. Cook for approximately 5 - 6 minutes per side, depending on the thickness of chicken. Let rest for 5 minutes. Cut into bite-size pieces.
3. In a medium bowl, lightly mash avocados with a fork, leaving chunks, if so desired. Add diced onions, cilantro, jalapeno. Drizzle with fresh lime juice. Sprinkle salt and garlic powder. Stir. Taste and add more salt as needed.
4. Heat skillet over medium heat and add a little oil to the skillet. Add tortillas and cook for about 1 minute per side or until pliable.
5. Fill each tortilla with chicken and top with guacamole and tomatoes. Add cotija cheese and Mexican cheese, if desired.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

12 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Taco	1 Taco	2 Tacos	2 Tacos