

Chicken Tacos

Makes 1 serving (1 protein, 1 vegetable)
25 grams protein
2 grams fat
155 calories

Ingredients

- 100 grams chicken breast, finely chopped or ground
- ¼ cup hCG approved chicken broth or water
- 1 tablespoon onion, chopped
- 1 clove of garlic, crushed and minced
- ⅛ teaspoon oregano
- Cayenne pepper to taste
- Pinch of cumin
- Fresh cilantro, chopped
- 2-4 large lettuce leaves

Directions

1. In a small frying pan cook chicken in broth.
2. Add onion, garlic, and spices.
3. Deglaze pan with lemon juice or a little water.
4. Serve chicken taco style in butter lettuce or romaine leaves or top with **Salsa**.
(salsa recipe on our website)

