

Chicken Tacos with Avocado Salsa

Total Time: 30 minutes

Instructions

1. Place a large nonstick skillet coated with cooking spray over medium-high heat.
2. Brown chicken.
3. Add water and seasoning packet.
4. Cook 4-5 minutes or until chicken is no longer pink, stirring occasionally.
5. In a small bowl, gently mix avocado, corn, tomatoes, and lime juice.
6. Spoon chicken mixture into tortillas.
7. Top with avocado salsa.

Ingredients

- 1 lbs. boneless, skinless chicken breast, cut in ½ inch pieces
- 1/3 cup water
- 1 packet reduced sodium taco seasoning
- 1 medium ripe avocado, peeled and cubed
- 1 cup fresh or frozen corn, thawed
- 1 cup cherry tomatoes, quartered
- 2 teaspoons lime juice
- 8 whole wheat tortillas