

Cain's Corner

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Nutrition Tips from USAPEEC's
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chicken tacos

It doesn't get much easier than pouring canned tomatoes and peppers over chicken and baking! This creates perfectly moist chicken to top your veggie-filled tortillas. These soft tacos are bursting at the seams with color and nutrients.

4 Boneless, Skinless Chicken Breasts
4 T Olive Oil, separated
Salt and Pepper, to taste
Chili Powder, to taste
Cumin, to taste
Fresh Cilantro, chopped, to taste
1 can Rotel Tomatoes & Chilies
1 Red Bell Pepper, sliced
1 Onion, diced
1 28 oz can Low-Sodium Black Beans, rinsed & drained
0.5 cup Cheddar Cheese, grated
1 Ripe Avocado, sliced
1 pint Cherry Tomatoes, sliced in half
1 jar Salsa
1 Lime, cut into wedges
Tortillas

- 1) Preheat oven to 375 degrees F. In a casserole dish, season chicken with 2 T oil, salt & pepper, chili powder, cumin, and cilantro. Spoon Rotel tomatoes & chilies over chicken, then cover dish with foil.
- 2) Cook at least 15 minutes or until chicken reaches an internal temperature of 165 degrees F.
- 3) While the chicken cooks, heat remaining 2 T oil in a skillet over medium-high heat. Add bell pepper and onion; cook until onion is golden and peppers have a little char.
- 4) Add chili powder, cumin, and 1/4 cup water to the black beans and simmer in a small saucepot over medium heat.
- 5) Warm tortillas in oven then top with sliced chicken, black beans, peppers & onions, and toppings of your choosing.