

Ingredients:

- cooking spray
- 1 lb. boneless, skinless, chicken sliced in 1/2-inch strips, visible fat removed (breast or tenderloins)
- 1 medium bell pepper, sliced, any color
- 1 medium onion, sliced (white or yellow)
- 1/2 tsp. cumin
- 1 tbsp. low sodium soy sauce
- 1/2 tsp. black pepper
- 8 taco sized whole wheat or corn tortillas (choose tortillas with least amount of saturated fat, trans fat, & sodium you can find)
- 1/2 cup fat-free sour cream (optional)
- 1/2 cup Pico de Gallo
- 1 avocado, sliced



Directions:

1. Spray large skillet with cooking spray. Heat to medium-high and add chicken. Cook for 3 min. until browned.
2. Reduce heat to medium and add soy sauce, bell pepper, onions, black pepper, and cumin. Cook for 8-10 minutes, or until vegetables are tender, stirring occasionally.
3. Spoon evenly over tortillas and top with sliced avocado, sour cream, and fresh salsa.

Cost: About \$2.41 per serving!

Tips:

- Hold the handle of the knife with your middle, ring, and pinkie fingers. Rest your index finger flat against the blade near the handle (curl the finger back toward the handle), and position your thumb on the opposite side of the blade. It may seem awkward at first, but with practice this will give you more control over your knife!
- Being confident in your knife skills can help you save money. If you buy whole produce versus pre-cut produce you'll save a ton!
- Remember that cooking your own meals can be a great way to reduce your sodium intake. The AHA recommends consuming no more than 2,300 mgs of sodium a day.

Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	350
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 370mg	16%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 29g	58%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	