



## Tropical BBQ Chicken Tacos



Entire recipe (2 tacos): 255 calories, 5g total fat (0.5g sat fat), 730mg sodium, 30g carbs, 7.5g fiber, 11.5g sugars, 26.5g protein

**SmartPoints®** value 6\*

**Prep:** 5 minutes    **Cook:** 10 minutes



### Ingredients

3 tbsp. bagged cole slaw mix  
2 tbsp. crushed pineapple packed in juice (not drained)  
1 tbsp. finely chopped red onion  
2 tsp. chopped fresh cilantro  
1/2 tsp. seasoned rice vinegar  
One 3-oz. raw boneless skinless chicken breast cutlet  
1/8 tsp. garlic powder  
1/8 tsp. onion powder  
1 1/2 tbsp. BBQ sauce with about 45 calories per 2-tbsp. serving  
1 [Flatout Hungry Girl Exclusive 100% Whole Wheat with Flax Foldit Flatbread](#)

### Directions

In a small bowl, combine cole slaw mix, pineapple (and its juice), onion, cilantro, and vinegar. Mix well.

Pound chicken to an even thickness. Season with garlic powder and onion powder. Bring a grill pan (or skillet) sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

Chop chicken, and place in a medium bowl. Add BBQ sauce, and stir to coat.

Cut flatbread in half to make two round pieces. On a microwave-safe plate, microwave for 10 seconds, or until warm.

Divide slaw mixture between flatbread pieces, and top with chicken mixture. Fold and chew!

MAKES 1 SERVING

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