



## Buffalo Chicken Tacos



1/2 of recipe (2 tacos): 309 calories, 7g total fat (2.5g sat. fat), 705mg sodium, 24.5g carbs, 3g fiber, 3.5g sugars, 34.5g protein

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

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### Ingredients

#### Tacos

8 oz. raw boneless skinless chicken breast  
Dash each salt and black pepper  
1 tbsp. fat-free plain Greek yogurt  
2 tsp. Frank's RedHot Original Cayenne Pepper Sauce  
Four 6-inch corn tortillas  
3/4 cup shredded iceberg lettuce  
1/3 cup shredded carrots

#### Topping

1/4 cup fat-free plain Greek yogurt  
2 tsp. Frank's RedHot Original Cayenne Pepper Sauce  
2 tbsp. crumbled blue cheese  
2 tsp. grated Parmesan cheese

### Directions

Pound chicken to an even thickness, and season with salt and pepper. Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through. Transfer to a cutting board.

Meanwhile, in a medium bowl, combine yogurt, hot sauce, and 1 tsp. water. Mix until uniform.

Chop chicken and add to the bowl. Stir to coat.

To make the topping, in a small bowl, combine yogurt with hot sauce and 1 tsp. water. Mix until smooth. Fold in blue cheese and Parm. Mix until uniform.

On a microwave-safe plate, microwave tortillas for 30 seconds, or until warm.

Evenly distribute lettuce and chicken mixture among the tortillas, followed by the topping. Sprinkle with carrots.

#### MAKES 2 SERVINGS

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