



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

SmartPoints® value 8*

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

Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)



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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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