



## 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

**Green Plan [SmartPoints](#)® value 8\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

**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.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.