



Calypso Chicken Tacos



1/2 of recipe: 333 calories, 6.5g total fat (1g sat. fat), 765mg sodium, 38g carbs, 4.5g fiber, 10.5g sugars, 29.5g protein

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

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Ingredients

1 tbsp. light mayonnaise
1 tsp. seasoned rice vinegar
1 cup coleslaw mix
8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1 tbsp. jerk seasoning
2 tsp. chopped garlic
Four 6-inch corn tortillas
1/2 cup pineapple tidbits in juice, lightly drained
1/4 cup canned black beans, drained and rinsed
1 tsp. lime juice
2 tbsp. chopped fresh cilantro

Directions

In a medium bowl, thoroughly mix mayo with vinegar. Add coleslaw and stir to coat.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, jerk seasoning, and garlic. Cook and stir until chicken is fully cooked, about 5 minutes.

Meanwhile, place tortillas between damp paper towels, and microwave for 15 seconds, until soft.

When chicken is cooked, stir in pineapple, black beans, and lime juice. Remove from heat.

Fill tortillas with chicken mixture, slaw, and cilantro.

MAKES 2 SERVINGS

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