



Chicken Stir-Fry Tacos



1/2 of recipe (2 tacos): 291 calories, 4.5g total fat (0.5g sat. fat), 636mg sodium, 31g carbs, 4g fiber, 7g sugars, 29.5g protein

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



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Ingredients

1 cup frozen Asian-style stir-fry vegetables
3/4 cup bagged broccoli cole slaw
8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1 tsp. chopped garlic
1/4 tsp. ground ginger
1/8 tsp. each salt and black pepper
2 tbsp. thick teriyaki marinade or sauce
Four 6-inch corn tortillas
Optional topping: chopped scallions

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add frozen veggies and broccoli slaw. Cover and cook until frozen veggies have thawed, about 3 minutes.

Add chicken, garlic, and seasonings. Cook and stir until slaw has softened and chicken is fully cooked, about 5 minutes.

Remove from heat, add teriyaki, and stir to coat.

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

Top tortillas with chicken mixture.

MAKES 2 SERVINGS

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