Hawaiian BBQ Chicken Tacos

1/2 of recipe (2 tacos): 310 calories, 4.5g total fat (0.5g sat. fat), 641mg sodium, 37.5g carbs, 3g fiber, 14g sugars, 28g protein

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

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Ingredients

8 oz. raw boneless skinless chicken breast, pounded to 1/2-inch thickness
1/8 tsp. + 1 dash each salt and black pepper
1/4 cup pineapple tidbits packed in juice (not drained)
1/4 cup finely chopped red onion
2 tbsp. chopped fresh cilantro
1/4 cup BBQ sauce with about 45 calories per 2-tbsp. serving
Four 6-inch corn tortillas
1/2 cup shredded lettuce

Directions

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium heat. Season chicken with 1/8 tsp. each salt and pepper, and cook for about 4 minutes per side, until cooked through.

Meanwhile, in a medium bowl, combine pineapple (with juice), onion, cilantro, and remaining dash each salt and pepper. Mix well.

Chop chicken, and place in another medium bowl. Add BBQ sauce, and stir to coat.

Warm tortillas in the microwave, about 15 seconds.

Evenly distribute lettuce among the centers of the tortillas. Evenly top with BBQ chicken and pineapple mixture, and fold 'em up.

MAKES 2 SERVINGS

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