

# CHICKEN TACOS WITH SALSA VERDE



By Jessica Cox, RD

These tacos are bursting with bold flavors. Remove the seeds and membrane of the jalapeño if your family prefers a milder flavor, or just omit the jalapeño. Queso fresco is a mild, crumbly Mexican cheese that can be found in many major supermarkets. If you can't find it, feta is a good substitute.

## DIRECTIONS

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of chicken; cook 3 minutes per side or until browned. Transfer to a 5- or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa and ½ teaspoon cilantro. Serve with lime wedges if desired.

## INGREDIENTS

2 teaspoons ground cumin  
½ teaspoon salt  
½ teaspoon black pepper  
3 pounds boneless, skinless chicken thighs (about 12 thighs)  
1 ½ tablespoons canola oil, divided  
1 large onion, chopped  
2 stalks celery, chopped  
1 large carrot, peeled and chopped  
1 medium jalapeño, sliced into thin rings (opt)  
4 cloves garlic, minced  
2 ½ cups salsa verde (green tomatillo salsa), divided  
½ cup fat-free, reduced-sodium chicken broth  
24 (6-inch) corn tortillas  
½ cup crumbled queso fresco cheese  
¼ cup fresh cilantro leaves  
2 limes, cut into wedges (optional)

## NUTRITIONAL INFORMATION | 2 Tacos | Serves 6

Calories: 340; Total Fat: 14g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 80mg; Sodium: 620mg; Total Carbohydrate: 30g; Dietary Fiber: 4g; Sugars: 7g; Protein: 24g; Vitamin A: 25%; Vitamin C: 8%; Calcium: 6%; Iron: 8%.