

# Colorful Cilantro Lime Chicken Tacos

Servings: 5

Serving Size: 2 tacos

Total Time: 55 minutes

Adapted from: *Eat Yourself Skinny & Grateful Grazer Blogs*

## Ingredients:

### Chicken

1.5 lbs boneless, skinless chicken tenders	1/8 tsp salt	10, 6-inch corn tortillas	Juice of 2 limes + zest of 1 lime	1 tbsp. olive oil	
2 cloves garlic	1/2 tsp honey	2 tbsp. cilantro, chopped	2 large carrots, quartered	1 tbsp. avocado oil	1 tsp cumin

### Pickled Coleslaw

3 cups shredded red cabbage	Juice of 2 limes	1 tsp sugar	1/8 tsp salt		
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### Avocado Sauce

1 avocado	1 clove garlic	1/4 cup cilantro	1/4 cup plain nonfat Greek yogurt	3 tbsp. lime juice	
1 tsp Sriracha (optional)	2 tbsp. olive oil	1/4 tsp black pepper	1/8 tsp salt	1/4-1/2 cup water	

### Peach Mango Salsa

1 cup mango, diced	1 peach, diced	1/4 cup red onion, diced	1 red bell pepper, diced	1 habanero, seeds removed and minced (optional)	
1 lime, zest and juice	1/4 cup cilantro, chopped				

## Directions:

1. To marinate the chicken, place juice of 2 limes and zest of 1 lime, 1 tbsp. olive oil, garlic cloves, honey into a blender and blend until mixed thoroughly. Stir in cilantro. Place chicken in a large ziplock bag or bowl and add marinade to cover. Marinate for 4-6 hours.
2. Preheat oven to 425 degrees F. To roast the carrots, place quartered carrots in a bowl and toss with 1 tbsp. avocado oil and cumin to evenly coat. Next, evenly distribute carrots on a sheet pan and roast in oven for 15-20 minutes, turning half way, until lightly brown.
3. To pickle the coleslaw, combine shredded red cabbage, lime juice, sugar and salt into a bowl and mix until well coated.
4. To make the avocado sauce, add avocado, garlic clove, cilantro, yogurt, lime juice, Sriracha, olive oil, salt and pepper into a food processor and pulse until smooth. Add water slowly and pulse until achieve desired consistency.
5. To make the salsa, combine mango, peach, red onion, habanero, lime juice and cilantro into a bowl and mix.
6. To grill chicken, first heat an outdoor grill or indoor grill pan on medium-high heat. Grill chicken about 2 minutes. Turn and cook an additional 1 minute, or until cooked through.
7. To design your taco, place avocado sauce on corn tortilla and top with chicken, coleslaw and salsa. Serve with a fresh squeeze of lime and enjoy!

**Nutrition Information per Serving:** 539 calories, 22g total fat, 3.3g saturated fat, 38g protein, 52g carbohydrate, 9.4g Fiber, 300mg sodium

