



Mobile Teaching Kitchen



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Flaco Tacos



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Recipe created and crafted by Dr. Shayla Leftridge in WV Health Right's COMMUNITY Wellness Teaching Kitchen

Calories: 411

Fat: 13.2g

Carbs: 10.7g

Protein: 41.6g

RECIPE:

Heat pan to medium and spray with olive oil. Season chicken with salt, pepper, onion and garlic powder. Cook on both sides until fully cooked. Lower the heat and add in taco seasoning, black beans, garlic, onions and peppers. Add the water as needed to finish cooking. Load onto taco shells and top with fresh cilantro and avocado crema.

TACO FILLING:

Ingredients

- 3 oz. boneless skinless chicken
- 2 Carb Balance taco size tortillas
- 1 oz. black beans (seasoned)
- 1 T. diced onion
- 1 T. diced green onion
- 2 T. avocado crema
- ¼ t. garlic and onion powder
- ½ t. minced garlic
- 1 ½ t. taco seasoning
- Olive oil spray
- 2 T. water
- Sprig of fresh chopped cilantro
- Crushed red pepper (opt. to taste)

AVOCADO CREMA:

Ingredients

- 1 Avocado
- 1 cup nonfat Greek yogurt
- 1 T. chopped cilantro
- 1 T. lemon juice
- ½ t. cumin
- 1 t. minced garlic
- Salt and pepper to taste

Servings

*Makes 8-10 servings.
Mix all ingredients together
and adjust to taste.*