

Servings (2-4)



Chicken Taco Lettuce Wraps

By Erin Vander Weele

Seasoning

- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 tablespoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Dressing

- 1/4 cup salsa
- 1/4 cup plain Greek yogurt

Directions

1. Pat chicken dry with paper towel and cut into small pieces.
2. Heat olive oil in a non-stick skillet. Mix cumin, garlic powder, paprika, salt and pepper in a small bowl.
3. Rub seasoning on the chicken and add to heated skillet. Stir while cooking. Once chicken is cooked, stir in black beans and corn. Cook on low and stir until mixture is heated evenly.
4. Set romaine lettuce leaves on plate. Let chicken mixture cool slightly and spoon onto each leaf.
5. Mix salsa and Greek yogurt in a small bowl and drizzle over each taco.
6. Add feta cheese, tortilla strips and cilantro on top (optional).

If you love taco night, but prefer a lighter option, give chicken taco lettuce wraps a try! For this recipe, you can combine your own spices for the seasoning and make a light dressing for added flavor.

Taco Ingredients

- 1 lb chicken breasts
- 6-8 romaine lettuce leaves (rinsed)
- 1 can black beans (drained and rinsed)
- 1 can fiesta style corn (drained and rinsed)
- 3/4 cup feta cheese
- 1 tablespoon olive oil
- 1 cup tortilla strips
- 1/2 cup chopped cilantro

