

# Chicken Taco Tower

**Makes:** 6 Servings

"I'm just a normal kid, so when my stepmom got breast cancer I was scared. When I found out we were going to change our eating habits to be healthier I was mad," says Sydney. "But once we started eating healthy, I realized it wasn't a bad thing at all. I love tacos and I came up with this new version so I could still eat healthy and have my favorite food. In the summer we use vegetables out of our own garden. It tastes even better then."

## Ingredients

For the Chicken Taco Meat:

- 2 tablespoons** olive oil
- 1/3 cup** peeled and diced onion
- 1/3 cup** diced green bell pepper
- 1** garlic clove, peeled and minced
- 1 pound** ground chicken
- 1 tablespoon** chili powder
- 1/2 teaspoon** ground cumin
- 1/2 cup** fat-free refried beans
- 1 tablespoon** chopped fresh cilantro
- 1/4 teaspoon** lime juice
- Pinch of salt
- 6** (6-inch) corn tortillas
- shredded low-fat cheddar cheese, for serving
- shredded romaine lettuce, for serving

For the Corn and Avocado Salsa:

- 1** ear of corn, shucked
- 1** avocado, peeled and diced
- 1/2** diced tomato
- 1 tablespoon** peeled and minced onion
- 1 tablespoon** chopped fresh cilantro
- 3/4 tablespoon** lime juice
- Salt to taste



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>316</b>
<b>Total Fat</b>	<b>19 g</b>
Saturated Fat	4 g
Cholesterol	60 mg
<b>Sodium</b>	<b>364 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>

## Directions

1. **To make the Chicken Taco Meat:** Preheat the oven to 350°F. In a large nonstick skillet, heat 1 tablespoon of the olive oil over medium heat. Add the onion and bell pepper and sauté for about 3 minutes. Add the garlic and cook for 2 minutes, then add the chicken and cook, breaking the meat up with a wooden spoon, for about 10 minutes, or until the chicken is cooked through. Add the chili powder and cumin and cook for 1 minute. Add  $\frac{3}{4}$  cup water and bring to a boil. Reduce the heat to low and simmer until the water is almost gone. Stir in the refried beans and cook for about 3 minutes, or until the beans are incorporated. Add the cilantro, lime juice, and salt.
  2. **Lightly grease** both sides of the tortillas with the remaining 1 tablespoon olive oil and place on a large baking sheet. Bake for 15 minutes, or until crisp.
  3. **To make the Corn and Avocado Salsa:** In a medium bowl, combine all the salsa ingredients.
  4. **To assemble the Taco Tower:** Divide the chicken-refried bean mixture among the baked tortillas. Top with cheddar cheese and romaine lettuce. Finish with a heaping tablespoon of the corn and avocado salsa.
- The 2015 Healthy Lunchtime Challenge Cookbook