

Indian Tacos

Makes: 6 Servings

“When I was little, I lived in San Francisco, and was exposed to all sorts of culture and food,” says Dillon. “One of my favorites was Indian food, so I decided to make an Indian style dish. I would serve this dish with mango and chai.”

Ingredients

- 1/2 cup tikka masala simmer sauce
- 1/2 rotisserie chicken, shredded
- 1/2 can garbanzo beans, rinsed and drained
- 1/4 cup fresh cilantro
- 1/4 cup peeled and diced sweet onion
- 1/4 cup diced bell pepper
- 1/2 cup diced tomatoes
- 1/2 lemon
- Dash of salt
- 6 whole-wheat tortillas
- 1/4 cup plain Greek yogurt

Directions

1. **In a large sauté pan**, combine the tikka masala simmer sauce, shredded chicken, and garbanzo beans over medium heat and cook for about 5 minutes, or until warmed through.
2. **Meanwhile, in a large bowl**, combine the cilantro, onion, bell pepper, and tomatoes. Squeeze the lemon over the mixture and add a dash of salt. Gently mix the vegetables together.
3. **Top each tortilla with some chicken**, a generous helping of vegetables, and a tablespoon of yogurt. Roll up, serve, and enjoy!



Nutrition Information

Nutrients	Amount
Calories	311
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	68 mg
Sodium	611 mg
Total Carbohydrate	35 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	29 g

