

# Ancho Chicken Tacos with Avocado Cream

This zesty Mexican dish is rich in fiber and potassium. Perfect for your family lunch or dinner!

Serves 4

## Ingredients

1 lb boneless skinless chicken breast  
½ tsp garlic powder  
¼ tsp ground cumin  
¾ tsp ancho chili powder  
2 tbsp lime juice, divided  
¼ cup light sour cream  
⅛ tsp grated lime rind  
2 tbsp low-fat milk  
½ avocado, diced  
2 cups cabbage, thinly sliced  
¼ cup fresh cilantro, chopped  
8 (6 inch) corn tortillas  
Salt and pepper  
Cooking oil spray



<http://www.myrecipes.com/recipe/ancho-chicken-tacos#>

## Directions:

1. Heat large skillet over medium heat. Cut chicken into strips and season with garlic powder, chili powder, cumin, salt and pepper.
2. Coat skillet with cooking spray and cook chicken for 4 minutes, stirring frequently.
3. Blend sour cream, half of lime juice, milk, avocado and salt in blender or food processor.
4. Toss cabbage, cilantro, lime rind and remaining lime juice in a bowl.
5. Warm tortillas and divide chicken evenly. Top off with avocado sauce and cabbage slaw.

Nutrition Facts	
Serving Size 2 tacos	
Amount Per Serving	
<b>Calories</b> 418	Calories from Fat 162
<b>% Daily Values*</b>	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 5.5g	<b>28%</b>
Trans Fat 0g	
<b>Cholesterol</b> 108mg	<b>36%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 37g	<b>74%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Tip: Enjoy with a cup of sliced strawberries as a dessert for only 60 calories!