



WEEKNIGHT CHICKEN TACOS

MATERIALS:

Skillet
Large baking dish (optional)
Measuring Spoons
Small Bowl
Cutting board
2 Forks
Meat Thermometer

INGREDIENTS:

1 1/2 pounds boneless, skinless chicken thighs
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons oil
2 teaspoons ground cumin
1 teaspoon smoked paprika
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
8 to 12 (4-inch) tortillas

Toppings (optional)

1 cup chopped tomatoes
1/2 red onion, finely diced
1/4 cup fresh cilantro, chopped
4 ounces cheese
1 avocado, sliced

Serves: 4

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DIRECTIONS:

1. Preheat the oven to 375 degrees F.
2. Heat a large oven-safe skillet over medium-high heat. Season the chicken with the salt and pepper. Add the oil to the skillet and once it's hot, add in the chicken. Brown the chicken on both sides, about 2 minutes per side. Cover the skillet and place it in the oven, roasting for 20 minutes, or until thermometer inserted in the chicken reads 165 degrees F. (NOTE: If you don't have an oven proof skillet, transfer to a large baking dish before placing in the oven.)
3. In a bowl, combine the cumin, paprika, chili powder, garlic powder and onion powder in a bowl. Set aside.
4. After the chicken is finished cooking, remove from the pan and let cool slightly on a cutting board. Leave juices in the roasting pan and do not discard. Once cool enough to handle, shred the chicken, using two forks. Transfer the shredded chicken back to the pan with the juices. Add the spice mixture and toss it well, incorporating the juice.
5. To assemble the tacos, place the chicken in a tortilla and add any of the optional toppings.

Chef's Notes:

- Add beans to the chicken mixture to stretch the dish to serve a larger crowd.
- Use the chicken mixture in quesadillas or nachos.
- A pre made salsa could also be used as a quick topping.