

Chicken Adobo Tacos

Makes
4 servings

Prep time
20 minutes

Cook time
25 minutes

Ingredients:

- 2 Tbsp. olive or vegetable oil
- 2 cloves garlic, minced
- 1/2 yellow onion, chopped
- 1 boneless, skinless chicken breast
- 1/3 package achote powder
- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. vinegar
- 1 Tbsp. fish sauce (optional)
- 1/2 tsp. red pepper flakes (optional)
- 4 whole wheat tortillas
- 1 cup fresh spinach or leafy green of your choice

Nutrition Facts

4 servings per container
Serving size 1 taco (114g)

Amount per serving
Calories 250

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 730mg	32%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 2mg	10%
Potassium 299mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Heat oil in a large skillet over medium heat. Sauté garlic and onion until fragrant, about 2-3 minutes.
2. Add chicken breast, achote powder, soy sauce, vinegar, and optional fish sauce and red pepper flakes. Combine well.
3. Simmer on medium-low heat until chicken is cooked all the way through and liquids have reduced, about 10 minutes.
4. While adobo is cooking, heat tortillas over medium-high heat in a separate pan until golden brown, or about 2-3 minutes on each side. Remove from heat and set aside.
5. Spoon about 1-2 spoonfuls of adobo onto each tortilla. Add your choice of greens.
6. Serve hot and enjoy.

