

## Chicken Taco Lettuce Wraps

### Grilled Taco Chicken:

- 1 pound boneless, skinless chicken breasts or thighs
- 2 tablespoons **\*\*homemade taco seasoning**
- 2 cloves garlic minced
- 1-2 teaspoon olive oil

### To Assemble:

- 8 leaves Romaine Lettuce, rinsed
- 1 avocado diced
- 1 tomato diced
- 1/4 cup onion diced (red, green or white)



1. Add the chicken, garlic, olive oil, and spices in a large bowl or zip-seal bag. Place in fridge and let marinate for at least 15-30 minutes or up to 24 hours.

2. Remove chicken from marinade and discard marinade. Place chicken on a grill or pan heated to medium-high heat. Let chicken cook until it is no longer pink on the inside, about 9-10 minutes per side (or until it has reached an internal temperature of 165 degrees F).

### To Assemble:

1. Layer 2 lettuce leaves with chicken, tomatoes, onion, and avocado on top. Drizzle with salsa and cilantro if you want.

Makes 4 wraps

Serving Size = 3 ounces of chicken, 1 cup of vegetables and fat

Enjoy with another serving of raw veggie for Salsa or Mexican Cauliflower rice

### **\*\* Homemade taco seasoning:**

- 2 teaspoons hot chili powder
- 1 ½ teaspoons paprika
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon oregano
- ¼ teaspoon freshly ground black pepper, or to taste
- 1 pinch cayenne pepper, or to taste (Optional)
- 1 pinch red pepper flakes, or to taste (Optional)

Mix chili powder, paprika, onion powder, sea salt, garlic powder, cumin, oregano, black pepper, cayenne pepper, and red pepper flakes in a bowl