

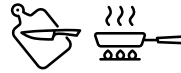
Haggen[®]
KIDS
 Cooking
CLUB ♡



SERVES: 4
PREP TIME: 10 MIN
COOK TIME: 30 MIN
SKILL LEVEL:



REQUIRES USE OF:



SHREDDED CHICKEN TACOS

INGREDIENTS:

- 1 pound boneless, skinless chicken breasts, cut in half lengthwise
- 2 tablespoons olive oil
- 3 garlic cloves, peeled and minced
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 cup lime juice
- 8 (6-inch) flour or corn tortillas

Favorite toppings:

- Shredded cheese, cilantro, black beans, lettuce, tomatoes, onions, avocados, sour cream, salsa

ITEMS TO GATHER:

- apron
- cutting board
- chef's knife
- 12-inch skillet with lid
- tongs
- oven mitts
- cooking thermometer
- large plate
- medium plate
- 2 forks
- measuring spoons
- measuring cups
- dish towel
- wooden spoon
- wooden spatula



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Place the chicken breasts on the cutting board. Using the chef's knife, cut the chicken breasts in half lengthwise and set aside.

Add 2 tablespoons of olive oil to the skillet and place on the stove-top on medium heat for 1 minute.

Using a wooden spoon, stir in the garlic, chili powder, cumin and salt to the skillet and cook for 1 minute. Carefully add lime juice and mix well to combine with olive oil and seasonings.

Place the chicken into the skillet using tongs. Bring the contents of the skillet to a boil. Reduce the heat to medium-low, cover and simmer for 5 minutes.

Using an oven mitt, carefully remove the skillet lid. Using tongs flip the chicken pieces over, cover and continue simmering until the chicken registers 165°F.

Use clean tongs to transfer the chicken to a large plate

Cook the liquid remaining in the skillet an additional 4-5 minutes until thickened. Turn off the stove top and move the skillet to a cool burner.

On the large plate, shred the chicken using two forks. Add shredded chicken back to the skillet.

Return skillet to medium heat on the stove top burner. Using a wooden spatula, mix the chicken and sauce together, coating evenly.

Place tortillas on a microwave-safe plate and cover with a damp towel. Heat for one minute.

Fill each tortilla with finished chicken and preferred toppings.

ENJOY!

HELPFUL HINTS:

Serve with Mexican Street Corn for a family fiesta right at home!

FLAVOR IN A FLASH!

Garlic—A potent immune-booster, it can help combat the common cold. Delicious in pretty much any savory preparation, in dips, meats, pasta dishes and casseroles.

Cumin—Rich in minerals and vitamins A, C, E, and all the Bs, the peppery flavor works well in savory dishes and mixed with ground meats.

