

CHICKEN-LESS SOFT TACOS

 5 minutes 30 minutes 2 portions

INGREDIENTS

- 0.4 cups, chopped of onions, raw [64 g]
- 1/2 cup [chopped] of peppers, sweet, green, sauteed [58 g]
- 1 cup of slices of mushrooms, portabella, grilled [121 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1 cup of chicken, meatless [168 g]
- 1 tsp of garlic, raw [3 g]

COOKING METHOD

- ^{1°} In a medium sauce pan, on medium heat, add 1 tablespoon of olive oil, 1/2 chopped onion, 1/2 chopped red bell-pepper, and 1 thinly sliced Portabello mushroom. Sautee uncovered until water cooks out of the mushrooms, (for about 8 minutes).
- ^{2°} Add 2nd tablespoon of olive oil and 1 package of Gardein chicken- less teriyaki strips. Cover and let simmer 10 mins. Remove the lid and add the teriyaki sauce, leave uncovered and let cook another 3-5 minutes and serve!
- ^{3°} Top with spring mix or spinach, 1tablespoon of dairy free cheese by Daiya, and 1 tablespoon of salsa. Use with Ezekiel 4:9 sprouted grain tortillas

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (220 g)	% DRI
ENERGY	170 kcal	373 kcal	19 %
FAT	13 g	28 g	43 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	277 mg	609 mg	25 %
CARBOHYDRATE	5 g	10 g	3 %
SUGARS	2 g	3 g	—
FIBER	2 g	5 g	22 %
PROTEIN	10 g	23 g	—