

Soft Chicken Tacos with Shredded Cabbage

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

I suggest using McCormick's 30% less sodium taco seasoning mix. It has a good flavor and is low in sodium.

1	pound	chicken breast without skin	4	6"	corn tortillas
1/4	cup	onion chopped	1	tablespoon	grape seed oil
1	package	taco seasoning	2	cups	cabbage, green and purple, chopped
14	ounces	kidney or pinto beans, rinsed and drained			

Procedure

- 1 Place chopped onion and grape seed oil in rice cooker pot. Place lid on pot. Press "cook." Cook onions for 3 - 5 minutes.
- 2 Cut chicken into 1"x1" pieces. Place chicken pieces into pot with onions
- 3 Rinse and drain kidney beans. Place in pot with chicken and onions.
- 4 Add taco seasoning to chicken and beans adding any other ingredients called for on the seasoning packet. Stir mixture.
- 5 Place corn tortillas in steamer basket. Place steamer basket on pot. Place lid on steamer basket. Press "cook."
- 6 Stir chicken mixture every few minutes until chicken is cooked through. As soon as chicken is cooked through or even a little before it is completely cooked, remove chicken mixture from pot and place in serving bowl.
- 7 Remove the steamer basket from the pot. To keep the tortillas warm, serve them from the basket.
- 8 Shred cabbage. Place in serving bowl.
- 9 Serve chicken mixture in corn tortillas. Cabbage can be served on the side or inside tortillas.

Nutrition Facts

Serving size: 1/4 of a recipe (10.8 ounces).

Amount Per Serving	
Calories	379.44
Calories From Fat (14%)	54.42
	% Daily Value
Total Fat 5.69g	9%
Saturated Fat 0.82g	4%
Cholesterol 65.77mg	22%
Sodium 539.84mg	22%
Potassium 828.15mg	24%
Total Carbohydrates 37.29g	12%
Fiber 11.74g	47%
Sugar 5.02g	
Protein 37.82g	76%
MyPoints 9.32	