Chicken Soft Tacos with Sautéed Onion and Apples

This is a great way to use the bounty of onions and apples from the farmer’s market!

Ingredients:
· 1 tablespoon olive oil
· 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
· ½ teaspoon salt
· ½ teaspoon ground cumin
· ½ teaspoon freshly ground black pepper
· 1 tablespoon butter
· 1 ½ cups thinly sliced onion, cut into half rings
· 2 cups thinly sliced Granny Smith apple (about 2 apples)
· 1 medium red bell pepper, thinly sliced
· 2 garlic cloves, minced
· 8 (8-in.) whole wheat flour tortillas

Directions:
1. Heat olive oil in a large nonstick skillet over medium heat. Sprinkle the chicken evenly with salt, cumin, and pepper. Add chicken to pan; sauté 7 minutes or until cooked and golden. Remove the chicken from pan; keep warm.
2. Melt butter in pan over medium heat. Add onion and cook 4 minutes or until tender, stir frequently. Add apple and red bell pepper; cook 6 minutes or until apple slices are golden, stir frequently. Add garlic and cook 30 seconds, stir constantly. Return chicken to pan; cook 2 minutes or until heated thoroughly, stir frequently.
3. Heat the tortillas according to the package directions. Place 1/2 cup chicken mixture evenly over each tortilla.

Yield: 4 servings

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Amount per serving</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>614</td>
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<tr>
<td>Total fat</td>
<td>17 g</td>
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<tr>
<td>Saturated fat</td>
<td>4 g</td>
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<tr>
<td>Cholesterol</td>
<td>104 mg</td>
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