



Foil-Pack Jalapeño-Ranch Chicken Tacos

Prep: 15 minutes

Grill: 20 minutes • Serves: 4

- 1½ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 medium red bell pepper, thinly sliced
- ½ small white onion, thinly sliced
- ⅓ cup jarred black bean and corn salsa
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro
- 8 soft taco flour tortillas
- 1 cup shredded Romaine lettuce
- ½ cup shredded Cheddar cheese
- ¼ cup jalapeño ranch dressing

1. In large bowl, toss chicken, pepper, onion, salsa, lime juice and cilantro.

2. Prepare outdoor grill for direct grilling over medium heat. Stack 2 (12 x 24-inch) sheets nonstick aluminum foil; arrange horizontally and place chicken mixture on right center of sheets. Fold left side of foil over chicken mixture; tightly crimp edges of foil to seal.

3. Place foil packet on hot grill rack; cook 20 minutes or until internal temperature of chicken reaches 165°. Carefully open foil packet; fill tortillas with chicken mixture, lettuce and cheese and drizzle with dressing.

Approximate nutritional values per serving:

546 Calories, 22g Fat (6g Saturated), 113mg Cholesterol, 820mg Sodium, 38g Carbohydrates, 2g Fiber, 6g Sugars, 3g Added Sugars, 45g Protein

Chef Tip

To warm tortillas: On microwave-safe plate, stack tortillas between 2 damp paper towels; heat in microwave oven on high 35 seconds or until warm.

Dietitian's Dish

> If you're looking to lower the calories and carbs in your Taco Tuesday menu, make your own tortilla or taco shells using cauliflower or zucchini. It's a nutrient-filled alternative to flour or corn tortillas.