

Riverview Wellness Center

Recipe

Client Name:

Recipe for: Chicken Tacos

Ingredients: 1 store bought rotisserie chicken
2 cups red or green salsa (organic if possible)
8-10 Ezekiel sprouted grain tortillas
2 avocados, chopped
2 cups of guacamole
1 lime, quartered
Rice Cheese

Preparation: Remove meat from chicken and shred. Heat the salsa in a skillet over medium heat. Add the chicken and heat until warmed through. Warm tortilla shells for 5-10 seconds in microwave to make pliable. Fill the tortilla shells with warmed chicken mixture. Add rice cheese. Serve with avocado, guacamole and lime wedges.

Makes 8-10 tacos. Enjoy!