

Hawaiian BBQ Chicken Tacos

Ingredients:

- 8 oz. raw boneless skinless chicken breast, diced
- 1/8 tsp salt and black pepper
- 1/4 cup pineapple tidbits packed in juice (not drained)
- 1/4 cup finely chopped onion
- 2 tbsp. chopped fresh cilantro
- 1/4 cup sugar free BBQ sauce
- Four 6-inch corn tortillas
- 1/2 cup shredded lettuce

Directions:

1. Bring a large skillet sprayed with nonstick spray to medium heat. Season chicken with 1/8 tsp. each salt and pepper, and cook, until cooked through.
2. Meanwhile, in a medium bowl, combine pineapple (with juice), onion, cilantro, and a dash each salt and pepper. Mix well.
3. Remove chicken from heat and add BBQ sauce, and stir to coat.
4. Warm tortillas in the microwave, about 15 seconds.
5. Evenly distribute lettuce among the centers of the tortillas. Evenly top with BBQ chicken and pineapple mixture

MAKES 2 SERVINGS

Nutrition Facts

Servings: 2

Amount per serving

Calories **366**

% Daily Value*

Total Fat 9.8g **13%**

Saturated Fat 2.5g **13%**

Cholesterol 101mg **34%**

Sodium 648mg **28%**

Total Carbohydrate 31.9g **12%**

Dietary Fiber 3.6g **13%**

Total Sugars 5.5g

Protein 36g