

We love the flavors in these tacos and enjoy them often! They're a quick and delicious meal that's also great for company. Serves 4



San Antonio Tacos

2 c. cooked chicken, torn into pieces (I cook a whole chicken in the crock pot all day with about a cup of water, then remove the meat for these tacos. Strain and freeze the broth for soup.)

2 juicy lemons or limes, halved

1/4 head cabbage, cored and finely chopped (or use coleslaw mix)

1/4 bunch cilantro, chopped
2 green onions, chopped
Salt and pepper

Olive oil

1-2 tomatoes, cored, halved, and sliced

Avocado

Cheddar cheese, grated

(Corn tortillas - 2 each for non-SCDers)

1. Squeeze juice from 1 of the lemons or limes into a medium bowl. Add cabbage, cilantro, green onion and salt and pepper to taste. Toss well. Cover and set aside. Slice the remaining lemon into wedges and set aside.

2. Using your fingers, shred chicken into medium pieces and set aside. Heat 3 Tbs. of oil in a large skillet over medium-high heat. Add chicken, season generously with salt and pepper, and cook, stirring often until beginning to brown, about 10 minutes. Transfer chicken to a warm plate and set aside.

3. Wipe skillet clean with paper towels or use another small skillet. Heat 3-4 Tbs. of oil in the skillet over med. heat. Fry tortillas on both sides until blistered all over yet still soft and pliable, about 1 minute. Using metal tongs, transfer tortillas to a warm paper towel-lined plate and loosely fold them in half. Repeat with remaining tortillas.

4. For SCD plates, fill with cabbage mixture, warm chicken with grated cheese on top, tomato and avocado slices. To serve tacos, stuff each tortilla with warm chicken, grated cheese, then cabbage. Garnish each tortilla with slices of tomato and avocado and each plate with a lemon wedge to squeeze.