

Lime Chicken Soft Tacos: Recipe

Written by Kai Neighbors

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This has to be my favorite, easiest and best chicken recipe to date. Not only is it healthy, it's a no-brainer too. Throw everything in a crockpot and let it go!



Lime Chicken Soft Tacos

(adapted from AllRecipes.com)

Lime Chicken

1.5 pounds skinless, boneless chicken breast meat

¼ cup red wine vinegar

1 lime

2 teaspoon white sugar

1 teaspoon kosher salt

1 teaspoon ground black pepper

6 green onions, chopped

3 cloves garlic, minced

1 teaspoon dried oregano

Tacos:

10 (6 inch) flour tortillas

1 tomato diced

¼ cup shredded lettuce

¼ cup jalapeno jack cheese

¼ cup salsa (I prefer medium-heat tomatillo salsa for this recipe)

1. Place all of the lime chicken ingredients into the crockpot. Cover and cook on high for approximately 3 to 3.5 hours or until you can easily shred the chicken with two forks.
2. Shred* the chicken while it is still in the crockpot using 2 forks.
3. Heat an iron skillet over medium heat. Place a tortilla in the pan, warm and turn over to heat the other side. Repeat with remaining tortillas. Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.

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*How to Shred Chicken:

Use one fork to hold the chicken steady. With the other hand, use another fork to scrap and tear the chicken flesh into small, shredded pieces. When the fork becomes full of chicken shreds, use your fingers or another fork to pull the pieces off the fork and onto the plate. Repeat the process until the chicken is completely shredded.