

Buffalo Chicken Tacos

Adapted from [Prevention RD](#)

Ingredients:

1 pound chicken breasts, skinless, boneless, cut into 1 inch pieces
1/3 cup flour
3 tablespoon cornstarch
1/8 teaspoon cayenne pepper
1 teaspoon garlic powder
1/3 cup buffalo wing sauce (Frank's Buffalo Wing) , plus extra for garnishment
1 Tablespoon olive oil
10 6-inch yellow corn tortillas

Toppings:

Shredded butter Lettuce
Diced onions mixed with cilantro
Avocado slices
Ranch dressing
Green onions, sliced thinly

Preparation:

Heat a large Dutch oven over medium-high heat.

In a large bowl, combine cornstarch, flour, cayenne, and garlic powder. Season the chicken pieces with pepper, then dredge in the flour mixture.

Add 1 tablespoon of olive oil to the Dutch oven and once it gets hot, add chicken and cook on both sides – about 3 to 4 minutes per side. Once the chicken is done, set it aside in a bowl and toss with 1/3 cup buffalo wing sauce.

Assemble 10 tacos, dividing the toppings evenly among each taco.

Yield: 5 servings, 2 tacos each.

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