



Crispy Chicken Tacos

Ingredients

- 1 1/2 pounds chicken breasts
- 1/2 t salt
- 1/2 t pepper
- 2 T olive oil
- 2 t ground cumin
- 1 t smoked paprika
- 1/2 t chile powder
- 1/2 t garlic powder
- 1/4 t chipotle chili powder
- 1/2 cup chopped onion
- 16-oz can black beans
- 1/4 cup fresh cilantro, finely chopped
- 1/4 cup sour cream
- 10 thin corn tortillas
- 1/2 cup cheese of your choice
- Shredded iceberg lettuce
- Fresh guacamole
- Chopped tomatoes

Instructions

- Preheat oven to 400° degrees.
- Place chicken on a parchment-lined sheet pan
- Season the chicken with the salt and pepper and brush with oil.
- Roast for 35-40 minutes or until the chicken is cooked through and allow to cool
- In a bowl, combine the cumin, paprika, chili powders, garlic powder and onion powder in a bowl. Set aside.
- Once cool, break up slightly, leaving juices behind, then place in the bowl of a stand-up mixer
- Turn the mixer on to low speed for a few seconds to break up the chicken. Add in 2 t of the spices mixture and mix the chicken on low speed for a full minute or two to completely shred it and mix with the spices.
- Transfer the spiced chicken back to the pan with the juices and toss it well, incorporating the juice.

- Add 1 T vegetable oil to a sauté pan and add the onion
- Cook for 1 to 2 minutes or until it starts to soften.
- Add the remaining 2 t of the spice mixture and cook one more minute.
- Add the beans and mix to warm and combine
- Remove chicken and put aside
- Mix cilantro and sour cream into chicken mixture
- Pour 3 T oil into a medium frying pan over high heat.
- When hot, add tortillas, 1 at a time, heating just enough to soften but not crisp, about 10 seconds per side.
- As heated, stack on paper towels, cover with a kitchen towel, and keep warm in oven. Add more oil to pan as needed.
- Working with 1 tortilla at a time, distribute about 1/4 cup packed chicken filling down center.
- Add shredded cheese
- Fold tortilla in half over filling and thread 1 toothpick through top edges to seal.
- Pour 2-3 T oil into same pan and set on high heat.
- When hot, add 4 to 6 tacos (depending on pan size; do not overcrowd). Tacos should sizzle when they hit oil.
- Turn as needed until shells are crisp and golden brown, 1 to 2 minutes per side.
- Lift tacos from pan with a slotted spoon, draining oil back into pan. Lay tacos in a single layer on a baking sheet lined with paper towels and keep warm in oven.
- Fry remaining tacos the same way, adding more oil as needed.
- When all tacos are cooked, pull out and discard toothpicks.
- Serve topped with shredded lettuce, guacamole and chopped tomatoes