

Healthy Buffalo Chicken Tacos



Ingredients:

6 whole-wheat or low-carb 8-inch tortillas
2 lb boneless, skinless chicken breast, diced (or cook and shred)
1 cup Greek yogurt
½ tbsp coconut oil
½ tbsp olive oil
¼ tsp salt
Pepper to taste
¼ cup cayenne pepper sauce
2 large carrots, shredded
3 cups romaine lettuce, shredded
3 oz blue cheese dressing

Directions:

1. Preheat large skillet on medium-high heat, add coconut oil and swirl to coat. Add chicken and sprinkle with salt and pepper as desired.
2. Cook for about 10-14 minutes, stirring occasionally. Chicken should be golden brown and cooked thoroughly.
3. In a small bowl, combine and stir in yogurt, cayenne pepper sauce, blue cheese dressing, salt and black pepper. Set aside.
4. Pour sauce over chicken in the skillet. Stir for another 2 to 3 minutes. Taste and adjust spiciness (ie add more cayenne pepper sauce) to preference.
5. Place tortillas on a microwave-safe dish, cover with damp towel, and microwave for about 10 seconds.
6. To serve up, place desired amount of lettuce, carrots and chicken on each tortilla. Drizzle with more blue cheese sauce and enjoy!

Source: www.hoosierfarmbabe.com