



Bristol's Health Equity Zone...

*Have you had your **AHA** moment?*



Pulled Chicken Tacos with Coleslaw

Ingredients

Tacos

- 2 skinless, boneless chicken thighs **210 Calories**
- Juice of half an orange **30 calories**
- Juice of 1 lime
- 2 Garlic Cloves, minced **9 Calories**
- ½ tsp. Cumin
- ½ tsp. chili powder
- 1 cup of water
- 2 tsp. olive oil **80 Calories**
- Two Corn Tortillas **124 Calories**

Greet Yogurt Sauce

- ½ Cup Greet yogurt **100 Calories**
- Minced Garlic **5 Calories**
- 2 Tbsp. chipotle sauce **10 calories**
- Chopped onion and cilantro

Coleslaw

- 1 Cup thinly sliced cabbage (red, green or both) **17 Calories**
 - ½ cup shredded carrots **23 Calories**
 - 1 tbsp. minced onion
 - 1 tsp. grainy mustard **2 Calories**
 - ¼ cup apple cider vinegar **13 Calories**
 - 1 Tbsp. olive oil **120 Calories**
 - 1 tbsp. honey **64 Calories**
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- 807 Calories for meal**

Instructions

Tacos

- Season chicken on both sides with salt and pepper. Over medium high heat, sear chicken in olive oil for 2 minutes on each side. While chicken is searing mix juice of orange and lime, garlic, cumin, chili powder and water together in a bowl. Once chicken is ready, pour liquid over the chicken. Cover pan and simmer chicken for 30-45 minutes or until the chicken pulls apart easily.
- Remove chicken and shred it with 2 forks. Return chicken to liquid and simmer for 5 more minutes.

Sauce

- Combine ingredients and whisk together. Refrigerate before serving.

Coleslaw

- Whisk together mustard, vinegar, oil, honey, salt, and pepper. Pour dressing over veggies and mix. Refrigerate for 1 hour and serve!

FUN FACTS!!

- **Cabbage is one of the oldest vegetables, dating back to the 1600's!**
- **Cabbage is low in saturated fat, cholesterol, high in dietary fiber, vitamin, vitamin K, Folate, potassium, Manganese, Vitamin A, Thiamin, Vitamin B6, Calcium, Iron and Magnesium.**
- **Greek Yogurt has double the protein than regular yogurt.**
- **Greek Yogurt has active live cultures that aid in the body's digestion**
- **Corn Tortillas are a great substitute to flour tortillas, they're low-fat, low sodium, and contain calcium, and fiber. They do not contain gluten, and make them a great alternative to bread!**

ENJOY!

This dish was created and prepared by Meghan Brennan- Chef

The Square Peg

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