

Ingredients

3/4 lb boneless, skinless chicken breasts, cut into 2-inch strips	1 can diced tomatoes with green chilies, drained
1 Tbsp fresh garlic, minced	1/2 tsp salt
1 Tbsp fresh lime juice	1/2 tsp freshly ground black pepper
2 tsp olive oil, divided	4 whole-wheat tortilla (8" each)
1 tsp chili powder	4 Tbsp salsa, divided
1/2 tsp ground cumin	3 Tbsp fresh cilantro, chopped, divided
1 medium onion, thinly sliced	4 tps plain Greek yogurt
1 medium red bell pepper, thinly sliced	

Instructions

Instructions: Heat oven to 400 degrees F. In a bowl, toss chicken with garlic, lime juice, 1 tsp oil, chili powder and cumin; marinate 20 minutes. Coat a rimmed sheet pan with cooking spray; add chicken with marinade, onion, bell peppers, tomatoes with chilies, salt, black pepper and remaining 1 tsp oil; toss to combine. Roast stirring once, until chicken is cooked through, 20 minutes. Wrap tortillas in foil; heat in oven during last 10 minutes of roasting time. Stir 2 tablespoons salsa and 2 tablespoons cilantro into chicken mixture; divide evenly among tortillas, along with remaining 2 tablespoons salsa, yogurt and remaining 1 tablespoon cilantro.

Nutrition Information Per Serving

Serves 4

Calories: 312

Fat: .67 gm

Sodium: 350 mg

Fiber: 5 gm

Carbohydrates: 36 gm

Protein: 24 gm

Sugars: 8 gm