



Cantina Chicken Tacos

Ingredients for 4 tacos:

- ¼ cup lime juice
- ½ bunch of cilantro, chopped
- 12-16 ounces chicken breast
- 4 flour tortillas, 8"
- 1 cup cabbage, shredded
- 1 cup Corn and Black Bean Salsa (recipe below)

Directions:

- Marinade chicken breast in lime juice and chopped cilantro as desired.
- Bake chicken in 350° F oven until internal temperature reaches 165° F.
- Shred chicken and add 3-4 ounces to each tortilla. Add 2 ounces each salsa and cabbage. Enjoy!

Mindful Tips

Making your own tacos allows you to control what ingredients and seasonings go in it exactly! Beware of excess sodium in canned and jarred products. Try buying frozen vegetables and "low sodium" or "no salt added" options. Rinsing canned beans and vegetables is another great way to cut down on sodium!

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Corn and Black Bean Salsa

Ingredients for 1 quart salsa:

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| ▪ 1 cup tomatoes, diced | ▪ ½ bunch cilantro, chopped |
| ▪ 1 cup canned low sodium black beans, drained and rinsed | ▪ ¾ cup frozen corn, thawed |
| ▪ ¼ cup bell pepper, chopped | ▪ ½ Jalapeño pepper, minced |
| ▪ 1 cup onions, minced | ▪ ½ teaspoon garlic powder |
| | ▪ 1 teaspoon ground cumin |
| | ▪ Salt and pepper to taste |

Directions:

- Mix well.

Nutrition Facts per Taco: 326 calories, 5.3 g fat (0.9 g sat fat), 75 mg cholesterol, 520 mg sodium, 33 g carbs, 2.3 g fiber, 2.4 g sugar, 36 g protein