

# CHICKEN, GREEN CHILI AND SWEET POTATO TACOS



**DIFFICULTY**

**EASY**



**TIME**

**30 MIN**



**SERVES**

**8 TACOS**

## INGREDIENTS

1 Tbsp Cooking Oil (Avocado or Olive Oil works the best)  
1.5 pounds Chicken Thighs, cut into ½ strips  
½ each medium White or Yellow Onion, finely diced  
2-3 Tbsp Water  
1 tsp Sea Salt  
2 cloves minced Garlic  
2 Tbsp Dry White Wine or Tequila  
½ tsp Dried Oregano  
1 tsp Ground Cumin  
1 tsp Ground Coriander  
½ Cup Green Chile Salsa or Enchilada Sauce  
1 tsp Honey  
2 tsp Apple Cider Vinegar  
½ Large Sweet Potato; microwaved for 5 minutes or baked for 45 minutes, cooled, peeled and cut into ¼ inch cubes  
½ cup chopped Cilantro Leaves  
½ cup thinly sliced Green Onions  
1 Cup of Spinach Leaves  
8 large bib lettuce leaves, 8 jicama wraps or 8 small corn tortillas

## DIRECTIONS

1. Gather and measure all ingredients
2. Preheat the oven to 350 degrees.
3. In a pot fitted with lid, add to it the oil and heat over medium high heat or until the oil starts to shimmer.
4. Add the chicken and saute for 2-3 minutes or until 87%done. Add the onion and cook saute until soft (about 3 minutes). Add a 2-3 Tbsp of water to soften and steam the onions
5. Add the garlic and sea salt and cook for another 30 seconds
6. "Stop" the cooking process by deglazing with the white wine or tequila. Cook for 30 seconds and then turn setting to low
7. Add green chili salsa, cumin, oregano, honey and apple cider vinegar
8. Add in the diced sweet potatoes
9. Cover the pot and place in the preheated oven. Cook for 15 minutes. Remove from the oven and stir in the cilantro, green onions and spinach leaves
10. Transfer the chicken to a serving dish, and spoon the chicken mixture into each lettuce wrap

### Instant Pot Option

11. With the exception of the spinach, cilantro and green onion, combine all the ingredients in an instant pot and stir
12. Set instant pot function to pressure cook 12 minutes and secure the lid
13. After the cooking time is up release the steam valve until the float switch has retreated and stir into the chicken mixture the spinach, cilantro and green onion

## NUTRITION FACTS PER SERVING

**Calories:** 185    **Fat:** 4.3g (Saturated Fat: 1g)    **Carbohydrate:** 8g    **Fiber:** 6.9g    **Sugar:** 3.4g    **Protein:** 15g



CALIFORNIA SCHOOLS  
**VEBA**

Leslie Myers | Executive Foodie | VEBA Resource Center