



Chili Lime Chicken Tacos



Ingredients for the Chicken:

- 1 ½ lb chicken breasts
- ¼ cup lime juice divided
- 2 tbsp canola oil OR vegetable oil
- 1 tsp jalapeno minced
- 1 tsp honey
- 1 tsp salt
- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp cumin
- ¼ tsp coriander
- ¼ tsp cayenne pepper (less if necessary)
- ¼ tsp ground black pepper

For the Filling

- 2 tsp olive oil
- 2 tbsp red onion chopped
- ½ cup frozen corn
- ½ cup black beans rinsed
- ¼ tsp salt
- pinch ground black pepper
- soft taco flour tortillas

Optional Garnishes

- fresh cilantro chopped
- avocado chopped into chunks
- avocado dressing
- lime wedges

Method:

1. In a Ziploc bag, add half of the lime juice and all of the remaining marinade ingredients. Close and gently shake to combine. Open, add chicken, close, and toss to coat the chicken evenly. Refrigerate for up to 24 hours, allowing it to sit at room temperature for 30 minutes

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before cooking (NOTE: if you plan on doing the minimum of 30 minutes, just leave it at room temperature instead of refrigerating).

2. **STOVETOP:** Set a large non-stick skillet over medium-high heat. When the oil is hot, add the chicken, and cook for 5 minutes, or until browned on one side. Flip the chicken and reduce heat to medium. Cook for approximately 5-8 minutes or until chicken reaches an internal temperature of 160°F. Transfer to a cutting board, cover with aluminum foil, and let rest for 5 minutes before slicing. Garnish with remaining limejuice and a bit of zest, if desired.
3. **GRILL:** Grease and preheat the grill to medium heat, about 400°F. Grill chicken undisturbed for 5-7 minutes per side, or until chicken reaches an internal temperature of 160°F. Transfer to a cutting board, cover with aluminum foil, and let rest for 5 minutes before slicing. Garnish with remaining limejuice and a bit of zest, if desired.
4. Meanwhile, in a large non-stick skillet set over medium heat, add olive oil. When the oil is hot, add the onion and sauté until translucent. Add the corn and cook for 5 minutes, then the rinsed black beans. Season with salt and pepper, cook for 3 minutes; keep warm.
5. To assemble, place chicken and filling in soft taco-sized flour tortillas. Garnish with cilantro, avocado chunks, avocado dressing, and serve with lime wedges, if desired.