

Eating Clean Recipes

Habanero Chicken Tacos

This delicious recipe is a Dave original and is made with whole food and low-fat ingredients. Tender chicken, spicy habanero, gluten-free handmade tortilla, and fragrant spices turn this Mexican food favorite into a healthy, clean-eating dish.

Servings: 4

Nutritional Information:

Tortilla	Calories	Fat	Sodium	Carbs	Sugar	Protein
Coconut Flour Tortilla	66.25 g	3.1 g	2.45 mg	7.4 g	.15 g	2.4 g
Regular Flour Tortilla	146 g	3 g	249 mg	25 g	3 g	4 g

	Calories	Fat	Sodium	Carbs	Sugar	Protein
Habanero Chicken Tacos	166.25 g	8.1 g	5.45 mg	7.4 g	.15 g	21.4 g

Ingredients:

For the Tortillas:

¼ cup arrowroot flour

Pinch of Himalayan salt

1 tsp coconut flour

1/8 tsp baking soda

1 tsp coconut oil, melted

2 eggs

1 tbsp water

Optional: 1 tsp cumin, garlic powder, black pepper and oregano

For The Filling:

Main filling can be:

- Chicken
- Fish
- Steak
- Black beans

Optional:

- Pineapple
- Habaneros
- Onions
- Cilantro
- Avocado
- Greek Yogurt (as a substitute for sour cream)
- Salsa
- Lime Juice

Instructions:

To Make Tortillas:

Mix dry ingredients in a bowl (arrowroot flour to spices)

Mix wet ingredients in a separate bowl

Add dry ingredients into wet and whisk until all the lumps are gone

Use an 8" non-stick frying pan – do NOT use any oil spray or otherwise – heat on medium for 3 minutes.

Pour in 3 tbsp. (just under a $\frac{1}{4}$ cup) of the batter and swirl to cover creating an even round tortilla, similar to a crepe

Cook each side for 1 minute (until they reach a light golden brown color)

To Make The Filling:

Grill chicken (however you'd like) – I like to BBQ or cook mine in the oven at 425 degrees for 20-30 minutes

Cook the chicken till its brown on the outside and white in the middle

Pull chicken out and set aside to let cool

Once it has cooled, shred it

Wrap in foil and keep warm in the oven

Cook your tortillas at this time

Fold soft tortillas into a taco shape by cupping them in the palm of your hand, then add chicken and toppings

I put toppings on in this order, and put on however much you like depending on personal taste and spice level:

- Pineapple
- Habaneros
- Onions
- Cilantro
- Avocado
- Greek Yogurt (substitute for sour cream)
- Salsa
- Fresh lime juice