



Pulled Chicken Tacos 3-Ways

Prep: 10 minutes

Slow Cook: 3 hours • Makes: 8 tacos

1½ pounds boneless, skinless chicken breasts

Teriyaki-Pineapple (pictured with fresh mango, fresh pineapple, jalapeño)

1½ teaspoons onion powder

1 can (20 ounces) crushed pineapple in juice, drained

¾ cup reduced sodium teriyaki sauce

1¼ cups water

Fiesta (pictured with red bell pepper, green onion, red onion, queso fresco)

2 teaspoons less sodium taco seasoning

1 jar (15.5 ounces) salsa

1 can (15 ounces) reduced sodium black beans, drained and rinsed

⅓ cup water

BBQ-Corn (pictured with radish, purple cabbage, fresh cilantro, lime zest)

2 teaspoons chili powder

1 cup barbeque sauce

1½ cups thawed frozen sweet corn

1 cup water

8 soft taco tortillas or hard taco shells

Taco Toppers (optional)

Chopped fresh cilantro

Crumbled queso fresco

Diced avocado or guacamole

Diced bell peppers

Diced red onion

Diced tomatoes

Fresh mango

Fresh pineapple

Hot sauce

Pinto beans

Shredded cheese

Shredded green/purple cabbage

Sliced fresh jalapeño

Sliced green onions

Sliced radishes

Sour cream or plain Greek yogurt

1. Sprinkle chicken with Fiesta Chicken, Teriyaki-Pineapple or BBQ-Corn dry seasoning and place in 3- to 4-quart slow cooker; pour Fiesta Chicken, Teriyaki-Pineapple or BBQ-Corn ingredients over chicken, making sure chicken is covered. Cover and cook Fiesta Chicken or BBQ-Corn on high 3 to 4 hours (low 6 to 8 hours), or Teriyaki-Pineapple 2½ to 3 hours (low 5 to 6 hours) or until chicken is very tender.

2. Transfer chicken to large bowl; shred with 2 forks. Return chicken to slow cooker; stir to combine. Serve chicken mixture in taco shells with your favorite toppers, if desired.

*Approximate nutritional values per taco (Teriyaki-Pineapple):
265 Calories, 5g Fat (2g Saturated), 50mg Cholesterol,
812mg Sodium, 32g Carbohydrates, 2g Fiber, 24g Protein*

*Approximate nutritional values per taco (Fiesta):
257 Calories, 5g Fat (2g Saturated), 50mg Cholesterol,
828mg Sodium, 29g Carbohydrates, 5g Fiber, 25g Protein*

*Approximate nutritional values per taco (BBQ-Corn):
284 Calories, 5g Fat (2g Saturated), 50mg Cholesterol,
700mg Sodium, 36g Carbohydrates, 2g Fiber, 23g Protein*