



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# **Chicken Tacos with Salsa Verde**

### **Ingredients:**

- 2 teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 pounds boneless, skinless chicken thighs (about 12 thighs)
- 1 ½ tablespoons canola oil, divided into 1 tablespoon and ½ tablespoon measurements
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 1 medium jalapeño, sliced into thin rings (optional)
- 4 cloves garlic, minced
- 2 ½ cups salsa verde (green tomatillo salsa), divided into 2-cup and ½-cup measurements
- ½ cup fat-free, reduced-sodium chicken broth
- 24 (6-inch) corn tortillas
- ½ cup crumbled queso fresco cheese
- ¼ cup fresh cilantro leaves

### **Directions:**

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of chicken; cook 3 minutes per side or until browned. Transfer to a 5-or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa and ½ teaspoon cilantro.

Serves 6

*Nutrition: 340 calories, 14 g fat, 3 g saturated fat, 30 g carbohydrate, 4 g fiber, 24 g protein, 620 mg sodium*

*Source: Academy of Nutrition & Dietetics*



[healthy.iu.edu](http://healthy.iu.edu)  
[healthyu@indiana.edu](mailto:healthyu@indiana.edu)