



Chicken Taco Cups

Makes about 10 taco cups

1 ¼ lb. chicken breast, cooked and diced (about 2 ½ c)

1 ¼ c. cooked brown rice

1 c. cheddar shreds

5 whole grain tortillas

4 oz. mild salsa + extra for layering

2 Tbsp. ranch dressing or sour cream

Slice tortillas in half & shape to form a cup. Place in muffin tins and bake 15 minutes at 325 degrees or until crispy. Cool completely.

Mix cooked rice with salsa. Spoon into cups.

Mix chicken with ranch or sour cream and add a small amount of salsa.

Layer chicken mixture over rice.

Top with cheese. Bake until thermometer reads 165 degrees.

Optional Garnishes

Cilantro

Green Onion

Tomato

Avocado

Lime Slices

Black Olives