

# Entrée

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## Tasty Tacos

### Helpful Hints

Canned veggies are great, but full of salt. For a change, drain and rinse black beans and other canned veggies before using.

**Cook extra chicken and freeze leftovers for later. Make a stew using frozen chicken and vegetables for easy meals.**

# Tasty Tacos

Serves 8

## Ingredients

1 cup cooked chicken,  
shredded  
1 can corn, 14 ounces, drained  
1 can black beans, 14 ounces,  
rinsed and drained  
1 cup salsa, plus extra  
for serving  
8 taco shells  
 $\frac{1}{2}$  cup cheese, shredded  
2 cups lettuce, shredded  
2 limes, divided into 8 wedges

## Directions

1. In a microwave-safe bowl, mix cooked chicken with corn, beans, and salsa.
2. Heat 2 minutes in microwave.
3. Spoon mixture into taco shells.
4. Top with cheese and lettuce.
5. Squeeze lime juice over top of each taco. Serve with more salsa.