

Banana Oatmeal Breakfast Cookies

- 2 ripe or overripe Bananas
- $1\frac{1}{2}$ cups of Oatmeal
- 2 T of any oil (I use coconut, melted)
- 1 tsp vanilla extract
- 1 tsp of cinnamon
- $\frac{1}{2}$ cp Chopped nuts (walnuts, pecans)
- $\frac{1}{2}$ tsp Baking Powder
- 1 egg (optional)

- add anything else you want
- (chocolate chips, raising, cranberries, pumpkin seeds)

1. Preheat oven to 350°F
2. Prepare cookie sheet with parchment paper
3. Mash bananas to a smooth consistency with fork
4. Add all other ingredient and mix well with wooden spoon.
5. Divide and conquer cookies — should give you about 10
6. Bake for 20-25 minutes for soft or leave an extra 2 minutes for crispy

Easy Shepherd's Pie

- 16oz Ground beef, 90% lean, raw
- 3-4 cup Broccoli, frozen
- 1 cup Green beans, frozen
- 4-5 Potato, white, medium
- 3 Tbsp Butter
- ½ cup of Milk, 2%
- 4 tsp Herbes de Provence
- Garlic salt, dash
- ¼ cup Cheese, Parmesan, grated

DIRECTIONS

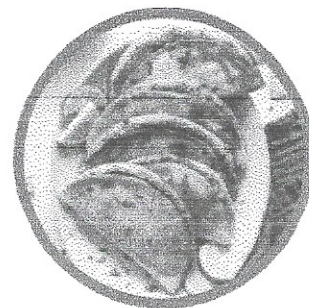
1. Preheat oven to 400 degrees F.
2. Chop up the potatoes into small pieces.
3. Add potatoes to a pot of water, and bring it to a boil. Boil for 15 minutes, or until you can bite into a potato piece & it's cooked through.
4. Drain away the water, then add in your butter, milk, and garlic salt to taste to the pot with the potatoes. Turn heat to low-medium, and cook on low heat ~5 minutes, stirring occasionally until pot's contents are well-combined.
5. While potatoes are cooking, stir fry ground beef, green beans, and broccoli in an oven-safe pan (or regular pan, if you prefer to use a casserole dish in the oven) for ~10 minutes on medium heat until meat has cooked through. Add in Herbes de Provence and more garlic salt to taste.
6. Cover stir fry with potatoes in a thin layer. Top with Parmesan cheese.
7. Bake for 20 minutes, turning oven to Broil for the last 3 minutes.
8. Vegetarian? Use beans. Dairy free? Use oil instead of butter, dairy-free milk of choice, and nix the cheese

Crispy Black Bean Tacos with Cilantro Lime Sauce

★★★★★

4.9 from 70 reviews

Author: Lindsay Total Time: 25 minutes Yield: 4 servings



These vegetarian tacos have a deliciously satisfying black bean filling with fresh salsa and seasonings all tucked into a golden crispy tortilla and served alongside a cool and creamy cilantro lime sauce. YUM!

INGREDIENTS

UNITS SCALE

Crispy Black Bean Tacos

- 1 (14 ounce) can of **black beans**, rinsed and drained
- 1/4-ish cup of your favorite **salsa**
- 1 tablespoon **taco seasoning**
- small **flour tortillas**
- **olive oil** or **butter** for frying

Cilantro Lime Sauce:

- 1/4 cup **oil**
- 1/4 cup **water**
- 1/2 cup chopped **green onions**
- 1/2 cup **cilantro leaves**
- 2 cloves **garlic**
- 1/2 teaspoon **salt**
- juice of 2 **limes**
- 1/2 cup **sour cream** (sub avocado to keep it dairy free / vegan)

INSTRUCTIONS

1. Blend all ingredients in the cilantro lime sauce until smooth-ish. Set aside.
2. In a food processor or chopper, blend the beans, salsa, and taco seasoning. Transfer to a skillet with a drizzle of oil and cook it up long enough to soften the flavors of the garlic and / or onions in the salsa. About 5 minutes is fine.
3. Spread a few tablespoons of black bean filling into a flour tortilla. Fold in half. Repeat until the filling is used up (about 6-8 tacos).
4. Heat some oil or butter in a skillet over medium heat. Fry in a skillet over medium heat, until crispy and golden brown. Dip in cilantro lime sauce. Serve with chips and salsa and a mid-week margarita. You're welcome.

Find it online: <https://pinchofyum.com/crispy-black-bean-tacos-with-cilantro-lime-sauce>

Shepherd's Pie

The epitome of simple, homey comfort food, shepherd's pie is a casserole consisting of creamy mashed potatoes atop a rich and bubbly stew.

Servings: 4 to 6

Prep Time: 45 Minutes

Cook Time: 1 Hour

Total Time: 1 Hour 30 Minutes

INGREDIENTS

- 1½ pounds 90% lean ground beef
- ½ teaspoon baking soda
- 2 teaspoons salt, divided
- 2½ pounds russet potatoes, peeled and cut into 1-inch chunks
- ¼ cup sour cream
- 5 tablespoons unsalted butter, cut into 1-in chunks
- ¼ cup half & half
- 4 oz bacon, diced (about 3 slices thick-cut bacon)
- 2 medium yellow onions, diced
- 2 carrots, diced
- 3 cloves garlic, minced
- 1 cup red wine
- 2 tablespoons all-purpose flour
- 3 tablespoons tomato paste
- 1 teaspoon Worcestershire sauce
- 1½ cups chicken broth
- 1 tablespoon chopped fresh thyme
- ½ teaspoon freshly ground black pepper
- ½ cup frozen peas
- 2 tablespoons finely chopped chives

INSTRUCTIONS

Preheat the oven to 375°F and set an oven rack in the middle position.

Place the beef, baking soda, 1 teaspoon of the salt, and 1 tablespoon of water in a medium bowl. Mash with your hand to combine. Set aside for 20 minutes.

While the meat tenderizes, place the potatoes in medium saucepan and add just enough cold water to cover them. Bring to a boil over high heat, then reduce the heat to medium-low and simmer, uncovered, until the potatoes are soft and fork-tender, 8 to 10 minutes. Drain the potatoes and return to the saucepan. Place the pan over medium heat and stir the potatoes with a wooden spoon or potato masher until they are dry and fluffy about 3 minutes. Remove the pan from the heat and add the sour cream, butter, half &



Taste and adjust seasoning, if necessary. Set the mashed potatoes aside.

Heat a 12-in oven-proof skillet over medium heat. Add the bacon and cook, stirring frequently, until crisp, 6 to 8 minutes. Using a slotted spoon, transfer the bacon to a paper towel-lined plate, leaving the fat in the pan. Add the onions and carrots to the bacon fat and cook, stirring frequently, until softened and starting to brown, 6 to 8 minutes. Add the garlic and cook 1 minute more. Add the wine and increase the heat to high; bring to a boil, scraping any brown bits from the bottom of the pan, until the liquid is reduced by about half. Add the flour and stir until dissolved. Add the reserved ground beef mixture, tomato paste, and Worcestershire sauce; continue cooking on high heat, breaking the meat apart with a spoon, until the meat is no longer pink, about 5 minutes. Add the chicken broth; bring to a simmer, reduce the heat to low, and cook, scraping any brown bits from the bottom of the pan, until thickened, about 2 minutes. Stir in the thyme, pepper, peas, and reserved bacon, and cook until the peas are warmed through. Taste and adjust seasoning, if necessary.

Dollop the mashed potatoes evenly over the filling. Use a rubber or offset spatula to spread the potatoes evenly over the stew and all the way to the edges of the skillet. Drag a fork across the top to make ridges. Place the skillet on a baking sheet or large sheet of foil to catch any drips and bake until the filling is hot, the topping is lightly browned, and the edges are bubbly, about 30 minutes. (For more color, turn on the broiler and broil for the last 5 minutes, or until the top is golden.) Sprinkle with chives and serve.

Note: If you don't have an oven-safe skillet, you can transfer the meat mixture to a 2.5-qt casserole dish and then spread the mashed potatoes overtop.

Make-Ahead Instructions: The stew portion of the recipe can be made several days ahead of time and refrigerated. Before assembling the pie, reheat the stew, adding a little broth if necessary if it seems dry. The mashed potatoes should be made right before assembling and baking the pie.

NUTRITION INFORMATION

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Per serving (6 servings)

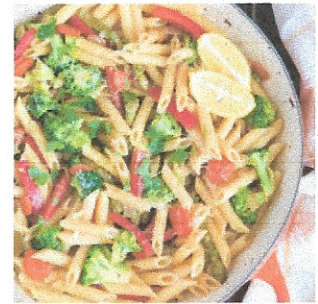
Calories:	650
Fat:	33 g
Saturated fat:	15 g
Carbohydrates:	50 g
Sugar:	7 g
Fiber:	5 g
Protein:	33 g
Sodium:	1243 mg
Cholesterol:	122 mg

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<https://www.onceuponachef.com/recipes/shepherds-pie.html>

Penne Pasta Primavera

Penne Pasta Primavera is a delicious and healthy meal that is full of crunchy veggies and tender pasta. Finished off with a simple sauce of chicken broth and fresh lemon juice and topped with Parmesan cheese, this easy meal will quickly become a family favorite.



Prep Time

10 mins

Cook Time

20 mins

Total Time

30 mins



5 from 15 votes

Servings: 4 servings Calories: 185kcal Author: [Kristin Maxwell](#)

Ingredients

- 2 cups uncooked Penne Pasta
- Butter
- Olive oil
- 1 medium onion diced
- 1 large carrot thinly sliced on the bias
- 1 ½ cups broccoli florets
- 1 red bell pepper cut into thin strips
- 1 cup asparagus or zucchini cut into bite-sized pieces
- 3 cloves of garlic minced
- ¾ cup chicken broth
- Juice from 1 lemon about ¼ cup
- Salt and pepper
- Parmesan Cheese optional
- Fresh minced parsley optional

Instructions

1. Bring a pot of salted water to a boil and cook the penne pasta to just before al dente (1 minute less than package instructions). Reserve ¼ cup of pasta water, drain and set aside.
2. Meanwhile, heat 2 tablespoons of butter and 2 tablespoons of olive oil in a large skillet over medium heat.
3. Add the onion and cook until translucent; 1-2 minutes. Stir in vegetables in the following order, cooking and stirring for 1-2 minutes after each addition: Carrots, broccoli, red bell pepper, asparagus or zucchini, minced garlic. Add another tablespoon of butter to the skillet if it starts looking a little dry, usually just before the asparagus. Season vegetables with a pinch of salt and pepper, then transfer to a plate and set aside.
4. To the skillet, add a tablespoon of butter, ¾ cup chicken broth, ¼ cup lemon juice and ¼ of cup pasta water. Bring to a boil and simmer until slightly reduced; 2-3 minutes. Stir in the pasta and continue to simmer until sauce is reduced by half; 3-4 minutes. Stir in vegetables and season with salt and pepper as desired.

Buttermilk Waffles

KEEPING WAFFLES WARM AND CRISP

We experimented with several methods of keeping waffles warm and crisp before finding one that worked well. First, we set the waffles on a baking sheet in a 200-degree oven, which was just hot enough to keep them warm without actually cooking them. But by the time the last batch was done, the ones that had been waiting in the oven the longest had lost their crispness.

Next, we placed the waffles on a wire rack set in a baking sheet. This method improved matters dramatically by allowing hot air to circulate underneath and keep the waffles crisp as if they had just come from the waffle iron.

✓ WHY THIS RECIPE WORKS

Most "waffle" recipes are merely repurposed pancake recipes that rely on butter and maple syrup to mask the mediocre results. And even those designed specifically for a waffle iron are time-consuming affairs that complicate this would-be simple breakfast. We found that a tip from Japanese tempura batter (yes, you read that right) set us on the course to fuss-free waffles.

INCREASE THE TANG We start with our recipe for Best Buttermilk Pancakes (page 86), but for waffles with a distinct tang, we supplement the buttermilk with rich sour cream.

BATTER UP For a light, crisp waffle, we took a cue from the Japanese and their method of making tempura. In tempura batters, seltzer or club soda is often used in place of still water. The idea is that the tiny bubbles of carbon dioxide released from the water will inflate the batter the same way as a chemical leavener—minus the metallic taste. Instead of the typical buttermilk, we use powdered buttermilk and seltzer.

BAKING SODA FOR BROWNING Because there is seltzer water in our batter, we wondered if we could omit the baking soda. Waffles made without baking soda emerged from the waffle iron with sufficient lift, but they were pale. Baking soda promotes browning, which in turn promotes better flavor, so we keep it in our recipe.

OIL ENCOURAGE CRISPNESS Straight out of the iron, our waffles were delightfully crisp, but as we ate them, we noticed that they quickly became soft. It turns out the interior moisture was making its way to the surface, causing our waffles to lose their crisp texture. We had been making our waffles with butter, which contains some water. Because fat repels moisture, we traded the butter for pure fat in the form of vegetable oil. Waffles made with oil stay significantly crispier than those made with melted butter. For the flavor of butter, simply add a pat to your hot waffles.

BUTTERMILK WAFFLES

MAKES ABOUT EIGHT 7-INCH ROUND WAFFLES

While the waffles can be eaten as soon as they are removed from the waffle iron, they will have a crispier exterior if rested in a warm oven for 10 minutes. Buttermilk powder is generally located in supermarkets near the dried-milk products or in the baking aisle. Leftover buttermilk powder can be kept in the refrigerator for up to a year. Seltzer or club soda gives these waffles a light texture that would otherwise be provided by whipped egg whites. (Avoid sparkling water such as Perrier—it's not bubbly enough.) Use a freshly opened bottle for maximum lift. Serve these waffles with butter and warm maple syrup.

- 2 cups (10 ounces) all-purpose flour
- ½ cup (2½ ounces) buttermilk powder
- 1 tablespoon sugar
- ¾ teaspoon salt
- ½ teaspoon baking soda
- ½ cup sour cream
- 2 large eggs
- ¼ teaspoon vanilla extract
- ¼ cup vegetable oil
- 1¼ cups seltzer water

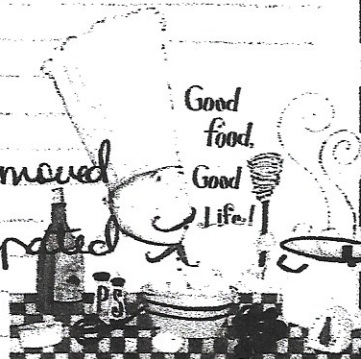
1. Adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet; place in oven. Whisk flour, buttermilk powder, sugar, salt, and baking soda together in large bowl. Whisk sour cream, eggs, vanilla, and oil together in medium bowl to combine. Gently stir seltzer into wet ingredients. Make well in center of dry ingredients and pour in wet ingredients. Using a rubber spatula, gently stir until just combined (batter should remain lumpy with few streaks of flour).

2. Heat waffle iron and bake waffles according to manufacturer's instructions (use about ⅓ cup for 7-inch round iron). Transfer waffles to wire rack in preheated oven; repeat with remaining batter. Serve.

Recipe For: Breakfast Egg Casserole

From: [REDACTED]

1 lb bulk Jimmy Dean regular sausage
9 eggs
3 C milk
1 1/2 tsp dry mustard
1 1/2 tsp salt
Dash of pepper
12 slices white bread, crust removed
= bread cubed
1 1/2 C sharp cheddar cheese grated



(over) Serves:

Brown and drain sausage in skillet. Cool.
Beat eggs and milk; add seasonings and bread cubes. Fold in sausage and cheese. Put in 9x13 casserole dish and refrigerate overnight.
Remove from refrigerator 1 hour before baking. Bake at 350° for 1 hour. Cool slightly before serving (about 10-15 mins)
Enjoy!

Nonstick cooking spray

2 tablespoons olive oil

$\frac{3}{4}$ cup minced shallots (about 3 large shallots)

$\frac{1}{2}$ cup thinly sliced scallions, both white and light green parts

1 teaspoon finely minced garlic

1 teaspoon kosher or coarse salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

$\frac{1}{2}$ teaspoon dried oregano, rosemary, or thyme

2 tablespoons Worcestershire sauce

2 tablespoons tomato paste (see Cooking Tip #1, page 157)

1 tablespoon Dijon mustard

2 large eggs

$\frac{1}{2}$ cup milk, preferably whole milk

$2\frac{1}{2}$ pounds ground turkey (see Ground Turkey Info, page 157)

$\frac{3}{4}$ cup panko (Japanese bread crumbs; see Note, page 171)

$\frac{1}{2}$ cup finely freshly grated Parmesan cheese

$\frac{1}{2}$ cup minced fresh Italian (flat-leaf) parsley

$\frac{1}{2}$ cup ketchup

1. Preheat the oven to 350°F. Spray a rimmed baking sheet with nonstick cooking spray.
2. Heat the olive oil in a medium-size skillet over medium heat and add the shallots. Cook, stirring frequently, until tender, about 5 minutes; try not to let them get too brown.
3. Add the scallions and garlic and cook until you can smell the garlic, about 2 minutes. Add the salt, pepper, oregano, Worcestershire sauce, tomato paste, and mustard and mix well. Let the mixture cool slightly.
4. Place the eggs and milk in a large bowl and beat to mix. Add the turkey, *panko*, cooled shallot mixture, Parmesan, and parsley. Mix well (use your hands!) and shape into a rectangular loaf on the prepared baking sheet, making sure there is space on all sides of the meat loaf (see Cooking Tip #2). Spread the ketchup over the meat loaf.
5. Bake the meat loaf until cooked through, 60 to 65 minutes. Let it sit for at least 10 minutes, then slice and serve.

Make Ahead: The “make ahead” in the title is kind of superfluous because really all meat loaves can be made ahead of time. You just mix it all up, mold it into its loaf shape, put it in a large baking pan, cover it with plastic wrap or aluminum foil, and tuck it in the fridge. Then about an hour before dinner you unwrap it and stick it in the preheated oven, adding an extra five to ten minutes if it's going from fridge to oven. Leftovers keep for up to four days. Reheat slices in the microwave.

What the Kids Can Do:

Crack eggs, measure seasonings, and with clean hands mix everything up in one bowl (encourage the kids to handle things gently—not too much squeezing and squishing) and form the meat loaf into its shape on the baking sheet. They can also spread the ketchup over the top—slimy but fun. And of course wash their hands well again with soap and warm water when they're done. (Best to remind them not to put their hands in their mouths till after giving them a good wash post-meat loaf mixing.)

Crockpot Chicken and Noodles

4 boneless, skinless chicken breasts
2 10.5-oz. cans cream of chicken soup
2 14.5-oz. cans chicken broth
½ cup butter
24 oz. Reames frozen egg noodles
pepper, to taste

Place chicken, cream of chicken soup, chicken broth, and butter in crockpot. Cook on Low 5-6 hours. Shred chicken and add egg noodles and pepper. Cook on Low 2 more hours.

Italian Sausage Skillet

1 lb. Italian sausage
2 cups water
1 28-oz. can Italian-style petite diced tomatoes (with basil, garlic, and oregano in them), undrained
1 28-oz. can tomato sauce
1 lb. dry penne pasta, uncooked
Parmesan cheese, shredded or grated

Heat large sauce pot over medium-high heat. Add sausage and cook, breaking apart into crumbles. Drain grease and return to sauce pot. Add water, undrained tomatoes, tomato sauce, and uncooked pasta to sauce pot. Stir to combine and bring to a boil. Cover and reduce heat. Cook 15 minutes or until pasta is tender. Serve with Parmesan cheese.

Turkey Broccoli Pasta

12-16 oz. rotini pasta
8 oz. broccoli florets, cut to bite-sized
2 Tbsp. olive oil, divided
1 lb. ground turkey
1 tsp. paprika
2 tsp. minced garlic
½ tsp. crushed red pepper flakes
½ tsp. salt
⅓ cup chopped fresh basil (Gourmet Garden brand is pre-chopped)
Parmesan cheese, shredded or grated

Cook rotini in large sauce pot. During the last two minutes of cooking the rotini, add the broccoli to the sauce pot. Drain the broccoli and pasta and return to pot. Cover and set aside. Once pasta is placed in pot to begin cooking, heat 1 tablespoon of oil over medium-high heat in medium skillet. Add the turkey, paprika, garlic, red pepper flakes, and salt to the skillet and cook, breaking the turkey into crumbles. When the turkey is cooked, add turkey mixture, remaining oil, and fresh basil to the pasta pot. Mix well until combined and cover. Serve with Parmesan cheese, and keep the pot covered until leftovers are put away.

Chicken Alfredo/Alfredo Sauce

4 boneless, skinless chicken breasts, cubed
2 16-oz. jars Ragu alfredo sauce
4 slices Swiss cheese
3 Tbsp. grated Parmesan cheese
1 tsp. garlic powder
Salt and pepper, to taste
1 lb. wavy egg noodles

Place chicken cubes and alfredo sauce in crockpot. Cover and cook on Low for 2 hours. Add Parmesan cheese and Swiss cheese to top of sauce, cover and cook on Low for another 30 minutes or until chicken is cooked through. Add garlic powder, salt, and pepper. Stir in cheeses and mix well before serving.

(To make sauce without chicken)

Excluding chicken, repeat steps above but reduce initial cooking time to 1 hour on Low.

Chili

2 lbs. lean ground beef
1 large onion, diced
1 tsp. minced garlic
1 28-oz. can petite diced tomatoes, undrained
1 16-oz. can mild chili beans in sauce, undrained
1 15-oz. can tomato sauce
2 Tbsp. chili powder
1 ½ tsp. ground cumin
½ tsp. salt
½ tsp. pepper

In large skillet, cook beef and onion over medium heat, stirring occasionally until beef is browned; drain. Mix beef, onion, and remaining ingredients in crockpot. Cover and cook on Low for 6-8 hours. Serve with crackers, shredded cheese, cooked macaroni pasta if desired.

Hot Buttered Noodles

1 32-oz. carton chicken broth
½ cup (1 stick) butter
1 tsp. salt
½ tsp. garlic powder
1 lb. wavy egg noodles

In a large pot, bring broth, butter, salt, and garlic to rolling boil. Add noodles and boil, uncovered, for 5 minutes, stirring occasionally. Turn off heat, cover, and let noodles set for 10 minutes. Stir noodles and cover for another 10 minutes. Stir again before serving.

Spatchcock Chicken Recipe Video

Prep Time: 15 minutes **Cook Time:** 45 minutes **Total Time:** 1 hour

This Spatchcock Chicken recipe is our favorite way to roast a whole chicken. Every part of the roasted chicken turns out juicy and so flavorful with that garlic herb butter. This one pan chicken dinner is easy and so delicious!

Author: Natasha of NatashasKitchen.com

Skill Level: Main Course

Cost to Make: \$18-\$20

Servings: 6 people

Ingredients

Ingredients for Spatchcock Chicken Recipe:

- 4 1/4 lb whole chicken, *
- 1/2 tsp salt, (we used sea salt)
- 1/8 tsp black pepper

Ingredients for Flavored Butter:

- 4 Tbsp unsalted butter, softened
- 1 Tbsp olive oil, plus more to drizzle
- 1 Tbsp parsley, finely chopped
- 2 garlic cloves, minced
- 1/2 tsp lemon zest
- 1 Tbsp lemon juice
- 1 tsp salt, plus more for vegetables
- 1/8 tsp black pepper

Ingredients for 1-Pan Chicken Dinner:

- 2 lbs medium red potatoes, scrubbed and quartered
- 3 medium carrots, peeled and quartered
- 8 oz Brussels sprouts, trimmed and halved

Instructions

1. (Preheat oven to 425°F after step 4). Place chicken breast-side down with the wings/ neck facing towards you. To remove the spine, use kitchen shears to cut through the ribs right next to the spine along both sides. Open rib cage and use a heavy knife to score down the sternum. This will help pop out the breast bone and flatten chicken. Season inside the chicken with 1/2 tsp salt and a pinch of black pepper.
2. Flip the chicken over breast side up and set on parchment-lined, rimmed baking half sheet. Using the palm of your hand, push firmly over the breast bone forcing the chicken to lay completely flat. Use your thumbs to separate the skin from the meat over breast, thigh and drumstick areas.
3. In a small mixing bowl, combine the flavored butter ingredients. Mash with fork for a couple of minutes until lemon juice is mostly incorporated into butter.
4. Spread 2/3 of mixture under the chicken skin and dot/spread remaining butter all over chicken.
5. Place prepared vegetables all around the chicken and drizzle everything with olive oil. Sprinkle chicken and vegetables generously with salt and some black pepper to taste.
6. Bake uncovered at 425°F for 45 min or until instant read thermometer reads 160°F when inserted into thickest part of chicken breast**. Remove from oven and rest uncovered 10 minutes on a cutting board before serving.

Recipe Notes



*Allow the raw chicken to sit at room temp for 30 min before using for even baking.

**Don't over-bake or the breast will be dry. Keep in mind internal temp will rise another 5-10 degrees after it comes out of oven.

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EASY CHICKEN TACOS

yield: 6 SERVINGS prep time: 15 MINUTES cook time: 15 MINUTES total time: 30 MINUTES

With a simple spice rub, the chicken is cooked so quickly on the stovetop! Dice into small pieces and serve with pico, avocado + lime!

★★★★★ 4.93 stars (121 ratings)

INGREDIENTS:

- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds boneless, skinless chicken thighs
- 1 tablespoon canola oil
- 12 mini flour tortillas, warmed
- 1 cup pico de gallo, homemade or store-bought
- 1 avocado, halved, peeled, seeded and diced
- 1/2 cup chopped fresh cilantro leaves
- 1 lime, cut into wedges



DIRECTIONS:

1. In a small bowl, combine chili powder, cumin, paprika, oregano, garlic powder, 1 teaspoon salt and 1/2 teaspoon pepper. Season chicken with chili powder mixture.
2. Heat canola oil in a large skillet over medium high heat. Working in batches, add chicken to the skillet in a single layer and cook until golden brown and cooked through, reaching an internal temperature of 165 degrees F, about 4-5 minutes per side. Let cool before dicing into bite-size pieces.
3. Serve chicken in tortillas, topped with pico de gallo, avocado, cilantro and lime.

This delicious recipe brought to you by **DAMN DELICIOUS**

<https://damndelicious.net/2019/08/06/easy-chicken-tacos/>