

CHICKEN AVOCADO WRAPS

Preparation: 15 min.. | Cooking: 30 min. | Servings: 4

INGREDIENTS

4 whole wheat tortillas, warmed
2 chicken leg quarters, skin removed
1 can (14.5 ounces) diced tomatoes, un-drained
1/2 medium ripe avocado
1/3 cup chopped onion
2 tbsp. lime juice
1/2 tsp. ground cumin
1/8 tsp. salt
Dash cayenne pepper
Fresh cilantro leaves, optional



INSTRUCTIONS

In a large skillet, brown chicken in oil. Stir in tomatoes, onion, cumin, salt and cayenne. Bring to a boil. Reduce heat to low; cover and cook for 25-30 minutes or until a thermometer inserted in chicken reads 180 degrees, stirring occasionally. Remove chicken. When cool enough to handle, remove meat from bones; discard bones. Shred meat with two forks; return to skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until sauce is thickened. Peel and cut avocado into slices; drizzle with lime juice. Spoon 1/2 cup chicken mixture over each tortilla. Top with avocado and, if desired, cilantro, and then roll