

CHICKEN AVOCADO WRAPS

Preparation: **15** minutes | Cooking: **35** minutes | Servings: **4**

INGREDIENTS

4 whole wheat tortillas (8 inches), warmed
2 chicken leg quarters, skin removed
1 can (14.5 ounces) diced tomatoes, undrained
1/2 medium ripe avocado
1/3 cup chopped onion
2 tablespoons lime juice
1 tablespoon canola oil
1/2 teaspoon ground cumin
1/8 teaspoon salt

Dash cayenne pepper (optional)
Fresh cilantro leaves (optional)



INSTRUCTIONS

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