

Seared Chicken Tacos with Watermelon Salsa

Skill Level: *

Preparation Time: 15 minutes

Total Time: 35 minutes

Servings: 4

Cost Per Serving: \$3.49

Ingredients

2	Chicken Breasts, boneless and skinless, butterflied in half
1 tsp	Smoked Paprika
1 tbsp	Lemon Zest
1 tbsp	Olive Oil
8	Plain or Corn Tortillas
¼ tsp	Sea Salt and Black Pepper

Watermelon Salsa Ingredients

2 cups	Watermelon, small dice
1/3 cup	Fresh Mint and/or Cilantro
1 tbsp	Lemon or Lime Juice
1/2	Avocado, sliced
1 tbsp	Olive Oil
2 tbsp	Crumbled Feta or Queso Fresco
¼ tsp	Sea Salt and Black Pepper

Nutrition Notes

- During and after cancer treatment, make sure each of your meals and snacks has a source of protein. Protein is important to help with healing after surgery, to prevent infection and to maintain muscle and strength. Good sources of protein include chicken, turkey, fish, lean meat, eggs, tofu and milk products such as cheese and yogurt.
- These tacos provide small bites that are loaded with protein and healthy fats. Increase the energy in each bite with toppings such as avocado, feta cheese, full fat Greek yogurt or sour cream. The chicken can be made in large batches and frozen into portion-sized containers for quick meals when you aren't feeling up to cooking.
- If you are experiencing gas and bloating, try avoiding gassy foods and drinks like beans, cruciferous vegetables such as broccoli and Brussels sprouts, garlic, onions, and carbonated drinks.

Directions

1. Season chicken breast with olive oil, smoked paprika, lemon zest and a pinch of salt and pepper. This can sit to marinate for 15 minutes up to 12 hours in the refrigerator.
2. To cook the chicken breast bake in the oven at 400 °F for 30 minutes or until an internal temperature of 165 °F.
3. Or tear a piece of parchment paper a little smaller than the base of a sauté pan. Over medium high heat, cook the chicken on one side for about 3 minutes. Flip the chicken onto the other side, cover the pan with a lid and cook for about another 5 minutes or until an internal temperature of 165 °F.
4. Combine all the ingredients for the watermelon salsa together in a bowl, season to taste.
5. Slice the chicken, add to the tortillas and top with some of the watermelon salsa. Enjoy!

Nutrition Facts	
Valeur nutritive	
Serving Size (226 g) / Portion (226 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 310	
Fat / Lipides 15 g	23 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 430 mg	18 %
Carbohydrate / Glucides 32 g	
Fibre / Fibres 5 g	20 %
Sugars / Sucres 9 g	
Protein / Protéines 16 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	4 %
Iron / Fer	6 %