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## TACO SEASONING

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- 2 tablespoons paprika
  - 2 tablespoons dried onion flakes
  - 4 teaspoons cornstarch
  - 4 teaspoons chili powder
  - 3 tablespoons ground cumin
  - 1 tablespoon garlic powder
  - 1 teaspoon cayenne pepper
  - 1 ½ teaspoons dried oregano
  - ½ teaspoon coriander (optional)
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1. Combine together in a container with a tight fitting lid. Use 3 to 4 Tablespoons of mix and ¼ cup of water per pound of meat.

Yields ¾ cup.

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## CHICKEN TACOS

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- 1 Medium Zucchini
  - Non-Stick Cooking Spray
  - 2 Cans Chunk Chicken Breast
  - 3 to 4 Tablespoons Taco Seasoning
  - 1 Medium Onion
  - 1 (15 ½ ounce) can Low-Sodium Pinto Beans
  - 16 Taco Shells
  - Lettuce
  - 2 Large Tomatoes, chopped
  - 7 Ounces of Low-Fat Cheddar Cheese
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### Preparation

1. Rinse and grate zucchini. Squeeze dry with paper towel.
2. Rinse and chop tomatoes. Set aside in clean bowl.
3. Rinse and chop onion.
4. Grate cheese. Set aside in clean bowl.
5. In a colander, drain and rinse beans.
6. In a colander, drain and rinse chicken.

### Cooking Directions

7. Coat a large skillet with non-stick cooking spray.
8. Heat skillet over medium heat. Sautee onion (about 3 mins).
9. Add chicken and warm.
10. Add grated zucchini, beans, taco seasoning, and ¼ cup of water. Stir well.
11. Reduce heat to medium. Cook until thickened.

### Taco Assembly

12. Place meat mixture into a taco shell. Top with lettuce, tomatoes, and cheese.

Serves 8.

Recipe adapted from *Cooking Matters for Kids*.

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