

## Soft Chicken Tacos or Chicken Wrap

These can be served warm as chicken tacos or cold as a wrap for an easy meal on the go!

- 1 ½ pounds skinless, boneless chicken breasts
- 1 small onion, chopped
- 1 Tablespoon cooking oil (olive, canola, vegetables, etc)
- ½ cup diced tomatoes
- 1 Tablespoon mild taco seasoning mix, *or to taste*
- ¼ - ½ cup shredded cheese
- 8 (8 inches each) whole wheat flour tortillas

*Optional toppings:* sour cream or ranch dressing, avocado, cilantro, diced tomato, salsa, shredded lettuce, sliced bell peppers (sauté for serving warm or raw for wraps), cucumbers (sliced into sticks)

Place chicken breasts in a saucepan with enough water to cover the chicken. Bring to a boil, cover and cook until meat shreds easily and is no longer pink in the middle (about 20 minutes). Remove chicken from water, shred and set aside.

Heat skillet to medium heat, add cooking oil. Add onion and cook until clear. Add shredded chicken, stir in tomatoes, 1/8 cup water and taco seasoning. Reduce heat to low and simmer 10 minutes, or until the sauce is thick.

Remove pan from heat, and serve over flour tortillas with cheese and optional toppings of your choice. To make a wrap, fold in the sides of the tortilla and roll the wrap burrito-style