

Ingredients

- 8 6-inch corn tortillas
- Canola oil cooking spray
- 12 ounces boneless, skinless chicken breast, cut into 1/2-inch pieces
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1 tablespoon canola oil
- 1 cup prepared green salsa
- ½ cup shredded sharp Cheddar cheese
- ½ cup reduced-fat sour cream
- 1 cup thinly sliced lettuce
- 1 medium tomato, chopped
- 2 tablespoons sliced ripe black olives

Directions

- Preheat oven to 375 degrees F.
- Heat tortillas in oven until warm . Coat each side of 4 tortillas with cooking spray. (Keep the remaining 4 tortillas covered.) Turn a 12-cup muffin tin upside down. Nestle a tortilla in the space between 4 cups to form a "bowl". Repeat with 3 more tortillas, making 4 bowls total. Bake until firm and beginning to brown, about 15 minutes. Transfer to a wire rack to cool. Repeat with the remaining 4 tortillas.
- Meanwhile, toss chicken with garlic powder and salt in a bowl. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, stirring, until it is no longer pink on the outside, about 3 minutes. Add salsa and cook, stirring, until the chicken is no longer pink in the middle, about 3 minutes more. Cover and remove from the heat.
- Fill each tortilla bowl with about 1/4 cup of the chicken mixture. Top with 1 tablespoon each cheese and sour cream, 2 tablespoons each lettuce and tomato and a few olives.

Nutrition Facts

Serving Size: 2 "Bowls" Per Serving: 489 calories; protein 25.3g; carbohydrates 31.5g; dietary fiber 4.4g; sugars 2.7g; fat 29.3g; saturated fat 6.9g; cholesterol 73.1mg; vitamin a iu 1731.2IU; vitamin c 12.2mg; folate 32.5mcg; calcium 194.7mg; iron 1.8mg; magnesium 63.2mg; potassium 391.8mg; sodium 730.9mg; thiamin 0.1mg. Exchanges: