

Chicken Tinga Taco Salad

Recipe Type: Main Dish

Serves: 6

Prep Time: 10 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 6 C Chicken Tinga
(See www.snaped4me.org for the recipe)
- 9 baked tortilla chips
- 2/3 lettuce head
- 1 C mild salsa

What to do:

1. Wash your hands.
2. Chop the lettuce.
3. Lay the tortilla chips on a large plate.
4. Top with the Chicken Tinga, lettuce and salsa.
5. Serve cool and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1/6th recipe

Amount Per Serving

Calories 310 Calories from Fat 110

%Daily Value*

Total Fat 12 g 18%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 470 mg 20%

Total Carbohydrate 30 g 10%

Dietary Fiber 6 g 24%

Sugars 9 g

Protein 21 g

Vitamin D 0

Calcium 8

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 1.8; 9/6/2012

Find other recipes at www.snaped4me.org



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