



## Healthy cooking with kids

# Slow-cooker chicken tacos

**Healthy Tips:** Compare tortilla labels and choose whole wheat, high-fiber options. Choose ingredients such as plain yogurt instead of sour cream to make tacos healthier. Offer a variety of toppings such as shredded cabbage, diced tomatoes and beans to add nutrients to the meal.

### MAKES UP TO 12 SERVINGS

#### INGREDIENT LIST:

Taco shells or tortillas  
Shredded cheese  
Sour cream or plain, nonfat Greek yogurt  
Avocado  
1 jar salsa  
1 ½ lbs boneless chicken breast  
1 tsp ground cumin  
¼ tsp ground chipotle powder

**Add toppings like:** diced tomato, shredded lettuce or cabbage, beans and chopped onion

**Other:** Slow cooker

#### SAFETY TIPS:

- Be sure to warn your child about how hot the insert of the slow cooker gets and that steam may come out of the top when the lid is removed.
- When preparing raw chicken, be sure to wash your hands before and after handling, and clean surfaces thoroughly with hot, soapy water where raw meat touched.
- Keep chicken preparation separate from topping preparation by using separate cutting boards and knives for each.

**PREPARATION:** Combine cumin, chipotle powder and salsa in slow cooker. Add chicken, stir to coat, and cook on low for 7-8 hours or on high for 3 ½ - 4 hours until chicken is tender. Remove chicken to a cutting board and use two forks to shred the chicken. Put shredded chicken in a bowl with remaining sauce from slow cooker. If using soft tortillas, heat them in a pan or the microwave and assemble with chicken and desired toppings.

Watch our cooking videos on YouTube. Search Children's Wisconsin slow cooker chicken tacos.