



Chicken Tortas

Ingredients

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| 2 cups cooked, shredded chicken | 4 thin slices white onion |
| 1 teaspoon chili powder | ½ cup shredded reduced fat Monterey Jack cheese |
| 2 cups Pico de Gallo (see page 9) | 2 radishes, sliced |
| 2 cups shredded romaine lettuce | 1 fresh avocado, mashed |
| | 4 bolillos or French bread rolls, cut in half lengthwise |

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg