

BAKED CHICKEN TACOS

Greek-Yogurt Caesar Dressing



10 Tacos



35 minutes

INGREDIENTS

Chicken Filling

1 lb boneless, skinless chicken breast,
cut into small pieces

Salt, to taste

1 tbsp smoked paprika

1 tsp garlic powder

½ tsp black pepper

1 tsp Cajun seasoning

1–2 cloves garlic, minced

1 cup mixed bell peppers, diced

½ cup corn, cooked

1 yellow onion, diced

1 small Zucchini, diced

1 cup shredded carrots

1 tbsp lemon juice

1 tbsp oil (for cooking)

Greek-Yogurt Caesar Dressing

150 g Greek yogurt

15 g parmesan cheese

2 tsp Dijon mustard

½ tsp garlic powder

Juice of ½ lemon

1 TBSP parsley

Salt and black pepper, to taste

Assembly

10 small flour tortillas

1 cup shredded mozzarella cheese

Light oil for brushing

DIRECTIONS

*Preheat oven to 400°F (205°C).

1. In a bowl, add chicken, salt, smoked paprika, garlic powder, black pepper, and Cajun seasoning. Toss until evenly coated.
2. Heat oil in a large pan over medium heat. Add the seasoned chicken and cook for 3–4 minutes, stirring occasionally.
3. Add minced garlic and cook for 1–2 minutes until fragrant.
4. Stir in onion, bell peppers, zucchini, carrots, corn. Cook another 3–4 minutes until vegetables soften and chicken is fully cooked. Add lemon juice, stir, then remove from heat.
5. In a bowl, whisk together Greek yogurt, parmesan, Dijon, garlic powder, lemon juice, parsley, salt, and pepper. Adjust seasoning to taste.
6. Lightly brush or spray one side of each keto tortilla with oil. Flip oil-side down. Spoon chicken mixture onto each tortilla. Sprinkle lightly with mozzarella
7. Fold tortillas gently and place on a baking sheet. Bake for 10–15 minutes, until tortillas are lightly crisp and cheese is melted.

Per serving (1 Taco) | Calories: 210 kcal | Protein: 17 g | Carbs: 22 g | Fiber: 2 g | Sodium: 430 mg