

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Chili Chicken Tacos

Originally from Everyday Food - October 2008

Serves 4

2 pounds boneless, skinless chicken thighs (about 6)  
4 garlic cloves, thinly sliced  
½ cup prepared tomato salsa, plus more for serving  
(optional)  
1 to 2 tablespoons chopped canned chipotle chiles in adobo  
(scrape out ribs and seeds before chopping to make it less  
spicy)  
1 tablespoon chili powder  
coarse salt and ground pepper  
8 hard corn taco shells (look for organic ones using non-  
GMO corn at your local Dierbergs)  
cilantro, shredded cheese, lime wedges, avocado, cherry  
tomatoes, corn, black beans for serving (optional)

1. In slow cooker, combine chicken, garlic, salsa, chiles, chili powder, 1 teaspoon salt, and ¼ teaspoon pepper. Cover; cook on high, 4 hours (or on low, 8 hours).
2. Transfer chicken to a serving bowl, and shred, using two forks; moisten with cooking juices. Serve in taco shells, with toppings, if desired.
3. Dice the avocado, cut the tomatoes in half, add corn or black beans (if desired), mix together, add the juice of 1 lime, and salt and pepper to taste to make a quick topping "salad" for your tacos.

**Oven method:** Preheat oven to 350 degrees. In step 1, use a 5-quart Dutch oven or ovenproof pot with a tight-fitting lid; add 2 cups water. Cover; bake until chicken is fork-tender, about 2 hours. Proceed with step 2 and 3.