

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Grilled Spice-Rubbed Chicken Tacos**  
**Serves 4 (3 tacos each)**

**Ingredients:**

1-1 ¼ pound boneless, skinless chicken breast  
1 teaspoon oil  
1 teaspoon chili powder  
1 teaspoon cumin  
1 teaspoon brown sugar  
½ teaspoon onion powder  
½ teaspoon garlic powder  
¼ teaspoon salt  
¼ teaspoon pepper  
12 soft corn tacos, 5-inch diameter

Assorted toppings may include guacamole, tomato salsa, fresh cilantro sprigs, shredded lettuce, queso fresco, shredded cheese, or sour cream

**Directions:**

1. Rub chicken breast with oil.
2. Mix remaining ingredients and rub onto chicken breast.
3. Refrigerate at least 1 hour.
4. Heat grill to medium-high heat. Grill chicken 5 minutes per side until cooked through. Let stand 10 minutes. Slice thinly.
5. Heat tortillas briefly on hot grill just to warm. Or wrap in a clean towel and heat in microwave on HIGH for 1 minute.
6. To serve, place chicken in taco and top with favorite toppings.

**Nutritional Information per serving of 3 tacos:**

Calories: 253	Carbohydrates: 28g
Total Fat: 3g	Cholesterol: 72mg
Saturated Fat: 1g	Dietary Fiber: 3g
Protein: 27g	Sodium: 350mg