



Chicken Chard Tacos by Toni

2 Boneless, Skinless Chicken Breasts, cut into bite size pieces

1 Onion, slivered

1 bunch Chard (or other greens like kale or collards) cut into 1 inch ribbons.

1 clove garlic, minced

1/4 C chicken broth

3 T. Sour Cream

Salt and Pepper to taste

Saute chicken and onions.

When cooked, add greens.

When greens start to wilt, add garlic, then broth.

Stir well, remove from heat and add sour cream and salt and pepper.

Serve on tortillas and add toppings of your choice: tomatoes, avocados, jalapeños, etc.

Recipe created by Toni, owner of Healthy Living.



*Healthy
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