

Easy Chicken Taco Filling

Servings: 6

Ingredients:

3 skinless, boneless chicken breast halves

1/2 onion, sliced

1/2 green bell pepper, sliced

Directions:

1. Sauté onion and bell pepper in a medium skillet until soft.
2. Place chicken breasts on top of sauté mixture and spray with cooking spray.
3. Fry chicken with sauté mixture until browned and cooked through, cutting or shredding chicken while it cooks.

To make tacos:

1 pkg. 6 taco shells (hard or soft)

½ head Lettuce

Tomato

2 cups Cheddar cheese

Taco sauce