

Asian Tacos

Prep: 10 minutes Cook: 8 minutes Serves: 2

- 1 ½ teaspoons vegetable oil
- 2 boneless, skinless chicken breast halves (about ½ pound), cut into thin strips
- ½ bag (1 pound size) frozen broccoli, red peppers, onions and mushrooms
- ¼ cup stir-fry sauce
- 4 flour tortillas (8 inches in diameter)



1. Heat oil in 10-inch skillet or wok over high heat. Add chicken; stir fry 3-4 minutes or until no longer pink in center. Remove from heat.
2. Cut vegetables into about ½ inch pieces; add to chicken in skillet. Stir fry over medium-high heat about 2 minutes or until vegetables are crisp-tender; drain. Add stir-fry sauce. Cook and stir about 2 minutes or until hot.
3. Spread about ½ cup of the chicken mixture over half of each tortilla; fold tortillas in half. Serve with stir-fry sauce.