



## Ingredients

- 2 tbsp (30 mL) extra-virgin olive oil
- 2 tbsp (30 mL) water, chicken stock, or vegetable stock
- 2 cups (500 mL) chicken tenders with tendon removed
- 1 cup (250 mL) thinly sliced onion
- 1 cup (250 mL) thinly sliced red pepper
- ⅛ tsp (0.5 mL) cayenne pepper
- ¼ tsp (1 mL) cumin
- ¼ tsp (1 mL) coriander
- ¼ cup (60 mL) salsa (choose mild or hot)
- ⅛ cup (30 mL) Omega Essential Balance or Udo's Choice Ultimate Oil Blend
- 1 package of soft tortilla shells

## Condiments

Sour cream, salsa, avocado, grated cheese, lettuce, tomato

## Instructions

1. Place olive oil, water, and chicken tenders in a deep skillet.
2. Sauté on very low heat until chicken is almost cooked.
3. Add onions, red peppers, spices, and salsa.
4. Cook until onions and red peppers are hot and chicken is thoroughly cooked.
5. Remove from heat and stir in Omega Essential Balance Oil or Udo's Choice Ultimate Oil Blend.
6. Heat both sides of the tortilla shells on a hot skillet.
7. Spoon chicken mixture and condiments onto tortilla shell and roll.

Makes 4 servings.