

Crazy Chicken Taco

Ingredients:

3 ounces raw boneless skinless chicken breast, cut into strips

1 medium corn tortilla

½ cup sliced red bell pepper

¼ cup sugar free coconut syrup

2 tablespoons of pineapple salsa

½ tablespoon of fat free sour cream

½ teaspoon of garlic powder

1/8 teaspoon salt

Directions:

Preheat oven 400 degrees

Toast the tortilla in the oven till it gets hard. (about 5 minutes)

Place coconut syrup, garlic powder, and salt in a medium pot. Add ½ cup of water and mix well. Add chicken and pepper slices to the pot and bring to low heat on the stove.

Cook until chicken is thoroughly cooked and tender, stirring occasionally, about 15 minutes. Remove pot from heat and drain liquid completely.

Place chicken and bell pepper in the taco shell. Top with salsa and sour cream. Taco time!!