Hello! I’m Matteo, the TACO ON THE STREET!

YOUR FAVORITE TACO-SHOW HOST!

Hey chef, where did tacos come from?

The kind that we know is from Mexico.

Well...

But people all over the world have different takes on tacos!

SPAIN
LEBANON
CHINA
TORTA
SHAWARMA
BAO

Wait, can anybody make their own twist on a taco? Even me?

ABSOLUTELY!

What about a spaghetti, hot dog and gummy bears taco?

That’s very... creative.

A taco is an easy dish to dress up with healthy ingredients!

Like -
- zucchini!
- tomatoes!
- or shredded carrots!

Oh! It’s so colorful!

This take on tacos is totally tasty!

Terrific! Invent your own at home!

Recipe: Pilot Light Grilled Chicken Tacos (Inspired by Big Star Tacos Al Pastor)

Yield: 12 tacos (Serving: 2 tacos)

Ingredients:
Spice rub: 2 tablespoons chili powder or ancho chili powder, 1 teaspoon garlic powder, 1/2 teaspoon each: kosher salt, black pepper, cinnamon
1 1/4 pound boneless, skinless chicken breast; 1 lime, cut in half; 12 tortillas, warmed; 3/4 cup salsa; 1 avocado, thinly sliced for serving; cilantro sprigs, for serving

1. Combine spice rub ingredients in a small bowl.
2. Remove chicken from the refrigerator. Rub both sides of chicken breast with spice rub. (You may have extra rub - discard.) Let chicken sit on counter for about 20 minutes. You don’t want to grill cold meat.
3. Heat grill to medium-high heat. Oil grill grate. Grill chicken about 4-5 minutes per side, until cooked through.
4. Remove chicken from grill. Let rest 5 minutes before slicing. Squeeze lime juice over sliced chicken.
5. Serve with tortillas, salsa, avocado slices and cilantro sprigs

Note: As an alternative to grilling, heat oven broiler to high with oven rack about 4-6 inches from heat source. Put chicken on a shallow baking pan lined with foil. Broil about 4-5 minutes, per side.

Recipe and nutrition analysis by Rasoanne Sarazen, Pilot Light chef and registered dietitian.

ACTIVITY: DRAW YOUR OWN INGREDIENTS IN THIS TACO!

Don’t forget to watch the video! Visit www.pilotlightchefs.org/resetthetable