



Pilot Light Grilled Chicken Tacos

Yield: 12 tacos

Serving: 2 tacos

Spice rub:

2 tablespoons chili powder or ancho chile powder*

1 teaspoon garlic powder

½ teaspoon each: kosher salt, black pepper, cinnamon

1 ¼ pound boneless, skinless, chicken breast

1 lime, cut in half

12 corn tortillas, warmed

¾ cup salsa, jarred or homemade

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 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.

* Ancho chile powder, one of the most commonly used peppers in Mexican cooking, is richly flavored with mild heat. It's available for purchase in many grocery stores, or order at stores online, such as thespicehouse.com or amazon.com.

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