

## *Chicken Tacos Going Lo-Co Style (a la Sylvia!)*

### **Ingredients:**

*“Fresh Sauce:”*

- One jalapeno (should be smooth)
- 2 medium-large tomatoes
- ½ onion, diced (could add more if you like raw onion)
- one bunch fresh cilantro, minced (amount is to your taste)

1 Pack corn or flour tortillas (small size / fajita size -- is best)

Sour Cream (reduced fat)

Rotisserie Cooked Chicken – cut up

### **To Make “Fresh Sauce”**

- ◆ Slice stem off one jalapeno pepper and put in a small bowl. Microwave for about 2 – 2 ½ minutes (depends on microwave – want it wrinkled but not turned black!) When done, add pinch of salt and a little water to it. Set aside. Note: one full jalapeno pepper will make the salsa quite spicy – if you want less spice try ½ jalapeno or ¼ jalapeno to find what taste you like. Also, one jalapeno-salsa will taste very spicy with tortilla chips, but is IMHO perfect - will not taste very spicy on the tacos !
- ◆ Cut out stems of 2 medium – large size tomatoes. Put in shallow bowl and microwave about 2-3 minutes: until soft but not mushy.
- ◆ Remove jalapeno from bowl – but keep the water/salt mixture. Dice the jalapeno and set aside (I’ve tried in blender / food processor but doesn’t work well... better by hand – just don’t touch your eyes/face until you’ve washed your hands!)
- ◆ Put the diced jalapeno (with the salt and bit water it was in) into food processor or blender. Add the two tomatoes (but NOT any of the juices) and blend until it still has small and medium sized tomato chunks.
- ◆ Pour into bowl.
- ◆ Add diced onion and cilantro to taste: I use ½ onion and a lot of cilantro. Add to bowl and mix.

### **Assembling Tacos**

- ◆ Warm the tortillas in microwave. To do one at a time, put on paper towel and cook for 15 seconds. If have tortilla warmer or covered bowl, put a wet paper towel on bottom of bowl, add 5-6 tortillas, put a crumpled wet paper towel on top and micro for about 45 seconds. Keep covered w/ the wet towels to prevent from sticking.
- ◆ On a warmed tortilla, spread a little sour cream
- ◆ Add chicken pieces pulled or cut from the warm (or cold) rotisserie cooked chicken.
- ◆ Add a few tablespoons of the salsa / fresh sauce.
- ◆ Roll and enjoy !

Makes about 10-12 tacos. Note – the fresh sauce is a kind of salsa – it’s best eaten same day, though leftovers will keep for 2-3 days in refrigerator. But it’s very spicy as a salsa... though perfect on this tortilla taco!