

Taco Day



Recipe #2: Chicken Thigh Tacos

(recipe adapted from [HERE](#))

- 3 TB honey
- 2 TB extra-virgin olive oil
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp sea salt
- 1# boneless, skinless chicken thighs

1. Heat oven to 450 degrees. Spray 11 x 18 pan with cooking spray. Set aside.
2. Mix honey, oil, onion powder, garlic powder, cumin, smoked paprika and sea salt together.
3. Place chicken thighs in the 11 x 18 pan. Pour honey-oil-spice mixture over chicken.
4. Bake chicken for 18-25 minutes. The chicken is done when an instant-read thermometer registers an internal temperature of 165°F (74°C) at the thickest part.

Taco toppings:

- 1 fresh tomato, chopped OR ½ cup prepared salsa
- small red onion, chopped
- 2-3 radishes, thinly sliced
- 1 avocado, chopped OR ½ cup prepared guacamole
- ¼ cup chopped fresh cilantro
- 4 oz can black olives, sliced
- ¼ cup shredded cheese (monterey jack, cheddar or dairy-free alternative)
- 2 TB plain greek yogurt, sour cream or dairy-free sour cream

Instructions:

1. Choose a taco filling recipe from the choices below.
Make the filling
2. Choose your taco type (hard or soft shell; corn or flour tortilla)
3. Choose your taco toppings from the list below
4. Assemble your taco. Enjoy!

Recipe #1: Fish Tacos

(recipe adapted from [HERE](#))

- 2 tsp chili powder
 - 2 garlic cloves, chopped
 - ¼ cup fresh orange juice
 - 2 TB extra-virgin olive oil
 - 4 (6-ounce) boneless, skin-on fish fillets (snapper, salmon or cod)
1. Heat oven to 450 degrees. Spray 11 x 18 pan with cooking spray. Set aside.
 2. Place fish in a shallow dish. Whisk chili powder, garlic, juice, and oil together. Pour chili powder mixture over fish. Let marinate for at least 10 minutes, up to 20 minutes at room temperature.
 3. Transfer marinated fish to the 11 x 18 pan. Bake for 8 - 12 minutes, until it is opaque in the center and easily flakes apart when pressed with a fork.