



Salsa Verde Chicken Tacos

3 servings
 25 minutes

Ingredients

2 grams Avocado Oil Spray
 454 grams Chicken Thighs (boneless, skinless)
 1/2 cup Salsa Verde
 1/2 Yellow Onion (thinly sliced)
 6 Corn Tortilla (small, warmed)
 2 tbsps Cilantro (coarsley chopped)

Nutrition

Amount per serving	
Calories	346
Fat	8g
Carbs	32g
Fiber	3g
Sugar	3g
Protein	32g
Cholesterol	142mg
Sodium	507mg
Vitamin A	168IU
Vitamin C	5mg
Calcium	221mg
Iron	3mg
Selenium	35µg

Directions

- 1 Spray the pressure cooker with the oil spray. Add the chicken thighs, salsa, and onions. Toss everything together to coat well. Close the lid and set to "sealing". Press manual/pressure cooker and cook for 15 minutes on high pressure.
- 2 Once the cooking time is complete, manually release the pressure carefully. Open the lid, shred the chicken with two forks, and mix the juices into the meat.
- 3 Add the chicken to the tortillas. Garnish with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two tacos.

Additional Toppings: Shredded cheese, chopped jalapeños, shredded cabbage, and/or extra salsa verde.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.