

CHICKEN TACOS WITH FRUIT SALSA



INGREDIENTS:

1 (15-ounce) can mandarin oranges in light syrup, drained and lightly rinsed
1 cup chopped pineapple
1 peach, chopped
2 medium tomatoes, chopped
1 scallion, chopped
1/2 cup chopped cilantro
Juice of 1 lime
Salt and pepper to taste
1 1/2 pounds chicken breast tenders
2 teaspoons canola oil
8 to 10 (6- or 8-inch) flour tortillas

SERVES: 4

DIRECTIONS:

In a small bowl, stir together all the fruit, plus scallions, cilantro, lime juice, salt and pepper. Taste, adjusting salt and pepper, if necessary. Split the fruit salsa in half; add 1 chopped jalapeño (or more, depending on desired heat level) to the adult version. Season the chicken tenders with salt and pepper. Heat the canola oil in a medium-sized nonstick skillet over medium-high heat. Working in batches if necessary, add the chicken and sauté until golden on one side, 2 to 3 minutes. Flip the chicken over and cook until golden, 2 to 3 minutes longer. Cut into the thickest piece to determine that it's no longer pink. Serve the chicken strips in a flour tortilla with fruit salsa. Serve tacos with refried beans or rice.