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## Puffy tacos recipe plain chicken

07/15/2011 My husband loves anything with farm so I decided to try it. However, I have a different take on it. I didn't warm the chicken in the microwave and made it into wrap sandwiches with flour tortillas vs. make it into tacos. I used pico de gallo vs. salsa and Taco Season II of this site against a packed seasoning mix. I left out the olives and instead thought what works best with farm, lettuce and tomato - Bacon of course! So I added a few slices of bacon to every wrap along with the avocado slices and shredded cheddar cheese - YUM! 09/26/2011 I didn't bother to cut my farm with sour cream. I just used my own homemade dry farm dressing mixture and added it to reduce fat sour cream. I didn't use rotisserie chicken either. I had two chicken breasts that I cooked in chickens sauce with mexican spices (cumin, coriander, onion, garlic, mexican oregano), then cooled and shredded. I also used flour tortillas. It was quite good - easy and a kid please. I think that next time, I would skip the tortillas and try it as a chunky chicken taco salad. 08/02/2011 VERY GOOD! My new favorite taco! The only thing I did differently was cook a few chicken breasts with some taco seasoning on them and belittle them. The rest were the same! I love this and will make them often! They're also great not to use the oven in this Texas Summer Heat! 07/29/2011 Great recipe especially for these hot days. For the chicken, I cooked it with the taco season mixed with water on the stove (as you would typically do with ground beef). I also added a little more salsa to the sauce. Excellent! We'll definitely eat it again. 09/29/2020 I'm not sure if I just didn't love the specific chicken or salsa I got or if it was just underwhelming, didn't love. 06/10/2011 Really good. I found myself adding extra sauce to my tacos because the chicken was kind of dry. Otherwise, it was a nice change of pace. Can't wait to make taco salad from the leftovers. 10/24/2011 It was phenomenal! I followed the recipe exactly and it was a huge hit with the whole family! I'll definitely make it again. The chicken was delicious, the sauce, the topping.... it was PERFECT! 08/10/2011 Very good! We used green chili instead of regular salsa flour tortillas and excluded the onions (because I forgot) My husband loved the Ranch sauce and so did I. 07/27/2011 Yummy! My family loved this farm dressing. It would also be great on a taco salad! I added 2 tbs of both the salsa and taco season for a little more mexican flavor. Will make again! 07/06/2012 Wow Way Too Much Salt For My Taste 1 of 10 Ranch Chicken Tacos Neely Swob Urserly 2 of 10 Ranch Chicken Tacos Autumn 3 10 Ranch Chicken Tacos erica 4 of 10 Ranch Chicken Tacos Jesska77 5 of 10 Ranch Chicken Tacos DIZ &#amp;#9829 amp; 6 of 10 Ranch Chicken Tacos Soup Loving Nicole 7 of 10 10 Chicken Tacos Sheila LaLonde 8 of 10 Ranch Chicken Tacos Soup Loving Nicole 9 of 10 Ranch Chicken Tacos Deb C 10 of 10 Ranch Chicken Tacos Petals Rainey 12/22/2015 I made it for dinner last night though I ended up reeling from the recipe quite a bit. I used egg roll wraps because my local grocery store was out of wonton wraps. I roasted them in a skillet with some olive oil to reach that tasty blower crunch that isn't available by baking. The recipe suggests frying for 1 minute per side, but it only burns them to a sharp. I'd say 20 seconds per side is a lot. Two tablespoons of sesame oil for the ground chicken were too much. That's all you'll taste. I changed it to two teaspoons and it was perfect. I also added some ground ginger and white pepper for extra flavor. The cole slave mix as written is a mess! I would say half the vinegar and take out the teriyaki altogether. Our cole slaves were very soup and honestly not really tang at all because the teriyaki really overwhelms everything else. This recipe was okay, but it needed some edit to get there. 05/12/2016 This is a great recipe with some adjustments. I followed the instructions that Kankan669 mentioned, I cut the teriyaki out of the slaves and used half the vinegar and the slaves were PERFECT! My husband even loved it and he doesn't like slaves. We only used 2 teaspoons of the sea soybean and that was a lot, adding a hair more stirring barbecue sauce. I really wanted to bake the wontons, so I sprayed the back of a muffin tin with a coconut oil spray, lay out the wontons as tacos and then sprayed the shells one more time before baking them, which gave them the tasty golden brightness without the barbecue (it might take a little longer than the 4-5 min, just watch them). Otherwise you will love this recipe. 3 tacos are equivalent to 272 calories. (little portions but a nice treat if you want another healthy little meal.) Enjoy!! 03/09/2016 This is a good recipe. My wife and I love the chicken wonton tacos at apple bees and it's closest to it. I added some Sriracha hot chili sauce after simmering the chicken, great flavor with a little kick. 07/09/2016 Made it to my hubby, as he absolutely loves Applebee's version. Too much vinegar in slave will recommend white cabbage and 1/2 the red wine vinegar. Also the chicken was fine, but needed more stir-stirring barbecue sauce. Definitive tips for next time! That was pretty good.) 12/18/2017 It's amazing, but I've made some changes based on other reviews. 1/2 of the red wine vinegar in the coleslaw mix and I used the pre-pocketed mixture with Marie's coleslaw dressing. I also used soft taco shells instead of the wonton's as I make it as the meal and wanted a wrap. I used General Tsao's stir-fry sauce and added some cayenne to add some heat. Yum! Can't wait to eat leftovers tomorrow. I know I shouldn't rate 5 stars since I made but I think it's a great place to start and make changes to personal tastes. 09/16/2016 That's very good. I use egg roll wrappers for larger tacos. 01/20/2018 Was good and easy to make. I bought a bag of rainbow slave (carrots of broccoli red cabbage) that made prep much easier. Slave sauce was too vine for my taste. Also, while the wontons look fun as taco shapes would have been easier to eat and fill if we put the wontons in the muffins and made muffin shell shapes instead. Will try again! 08/24/2016 The chicken and the slaves were delicious, but the won tons were bad if you bake it, it comes out with no taste and really crisp. I wet each wrap and put two together so they were more likable and roasted them in a little olive oil. It seemed to help, but no way near Applebee's. 03/11/2018 It was fantastic. I failed to make the taco shape, so we just crumbled the wontons and created a salad. It was delicious. Tasted just like Applebee's 1 of 30 Chicken Wonton Tacos Jay H 2 of 30 Chicken Wonton Tacos Jay H 3 of 30 Chicken Wonton Tacos Victoria Harvis 4 of 30 Chicken Wonton Tacos Victoria Harvis 5 of 30 Chicken Wonton Tacos OdaMae 6 of 30 Chicken Wonton Tacos Zoe Simone Flaks 7 of 30 Chicken Wonton Tacos beasley 8 of 30 Chicken Wonton Tacos CoachJen 9 of 30 Chicken Wonton Tacos Jake Bodensteiner 10 of 30 Chicken Wonton Tacos kitchenwolf 11 of 30 Chicken Wonton Tacos Alison 12 of 30 Chicken Wonton Tacos Becky Richter 13 of 30 Chicken Wonton Tacos KanKan669 14 of 30 Chicken Wonton Tacos Kay Blue 15 of 30 Chicken Wonton Tacos Terry Heffernan 16 of 30 Chicken Won Taton Tacos Savoueth 17 of 30 Chicken Wonton Tacos TiffanyM 18 of 30 Chicken Wonton Tacos Terry Heffernan 19 of 30 Chicken Wonton Tacos July Glasses 20 of 30 Chicken Wonton Tacos michelleamos Ingredient Checklist 1/4 cup red wine vinegar 1 teaspoon honey Salt 1/2 small red onion, sliced 1 cup frozen peas, thawed 1/2 avocado, Pitted peeled, and chopped 2 tablespoons chopped cilantro, plus twigs for garnish 1 tablespoon fresh lime juice 2 teaspoons chopped seed jalapeño 1 small clove garlic, chopped 1 1/2 teaspoon cumin 2 tablespoons olive oil 1 tablespoon chili powder skinless chicken thighs 8 6-inch corn tortillas, Hot 2 cups sliced napa cabbage sour cream, hot sauce, sliced radixes, and additional toppings, optional instructions Checklist 377 calories; fat 16g; saturated fat 3g; cholesterol 118mg; fiber 8g; protein 24g; carbohydrates 38g; sodium 596mg; iron 3mg; calcium 146mg. © Copyright 2020 health.com. All rights reserved. Printed 12 /09 / 2020 this link is to an external website that may or may not adverage accessibility guidelines. Skip to main contentRD.COMThese wonton cups filled with a Southwest-style chicken filling are the perfect finger food for any [quicklook-resep prep\_time=20 min cook\_time=20 min min details = ] [ingredients-list title=Ingredients serving\_size=2 pieces] [ingredients-left] 1 pound boneless skinless chicken breasts, cut into 1-inch pieces1 envelope reduced-sodium taco season1 small onion, chopped1 jar (16 ncilly) salsa, split2 cups (8 ncilla) shredded reduced fat cheddar cheese, split36 wonton wrappersSau cream, chopped green onions and chopped ripe olives, optional[ingredients-left][/ingredients-list][step-list-wrapper title=How to make it time=40 minutes][step-item number=1 image\_url= title = ]Sprinkle chicken with taco seasoning. In a large skillet covered with cooking spray, cook and stir the chicken over medium heat for 5 minutes or until juice runs clear. Transfer chicken to a food processor; cover and process until chopped. In a large bowl, combine the chicken, onions, half the salsa and 1 cup cheese. [/step item] [step-item number=2 image\_url= title = ] Strain wonton wrappers into miniature muffin cups covered with cooking spray. Bake at 375° for 5 minutes or until lightly browned. [/step item] [step-item number=3 image\_url= title = ] Spoon rounded tablespoons of chicken mixture into cups; topped with remaining salsa and cheese. Bake 15 minutes longer or until heated by. Serve hot. Garnish with sour cream, green onions and olives if desired. Yield: 3 dozen. [/step item] [/step-list wrapper] [nutritional-information calories=124 calories\_fat = fat=3g sat\_fat=2g choles=24mg sodium=408mg carbohydrates=12g sugars = protein=10g fiber=] Diabetic Exchanges: 1 starch, 1 very lean meat, 1/2 fat. [/nutritional information] Originally published: April 19, 2010Originally Published in Reader's Digest Enjoy the best stories, advice and jokes! Jokes!