

# tomato tacos

**SERVES 4**

RECIPE ADAPTED FROM: [delish.com](http://delish.com)

COOK TIME: 15 minutes

4 medium or large tomatoes - include a variety of colors (if desired)

1½ Tbsp extra-virgin olive oil

1 medium sweet onion, chopped

1 lb ground chicken breast (or ground beef or bison) - preferably grass fed, pastured

2-4 Tbsp [homemade taco seasoning mix](#) - depending on your heat preference

Freshly ground black pepper

½ cup mixed greens or baby spinach

½ cup guacamole or fresh avocado

HEAT oil in a skillet over medium heat.

ADD onion and cook until tender, about 5 minutes.

ADD ground chicken and taco seasoning, breaking up the meat with a wooden spoon.

SEASON with pepper, and cook until the meat is no longer pink, about 6 minutes. Drain fat if necessary and set aside

FLIP tomatoes so they are stem-side down. Cut the tomatoes into six wedges, being careful to not cut completely through the tomato. Carefully spread open the wedges.

DIVIDE taco meat evenly among the tomatoes.

TOP each with lettuce and guacamole and serve.

MAKE IT A MEAL: Serve with a tossed salad and seasonal fruit.

