

bbq chicken tacos

Serves 6

RECIPE ADAPTED FROM: [Fed and Fit](#)

PREP TIME: 10 minutes

FOR THE BBQ CHICKEN

About 2 lbs shredded chicken

1 cup BBQ sauce

salt, to taste

FOR THE BLACK BEAN & CORN SALSA

1 (15oz) can black beans, rinsed and drained

1 cup fresh or frozen and defrosted corn kernels

¼ cup red onion, diced

1 jalapeno, de-seeded and finely chopped

½ cup packed cilantro, chopped

2 limes, juiced (about 4 Tbsp)

½ tsp fine sea salt

FOR SERVING

tortillas, warmed (I used corn)

avocado

fresh tomatoes

lime wedges

TOSS shredded chicken with BBQ sauce, then add salt if needed and set aside.

IN a small bowl, add all of the salsa ingredients and stir until fully combined.

PLACE chicken in a warmed tortilla, then top with the salsa and serve with avocado, tomatoes and/or lime wedges.

