

# Chicken Taco Tower

Yield: 6 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-taco-tower-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1/3 cup diced onion peeled and
- 1/3 cup green bell pepper diced
- 1 garlic clove peeled and minced
- 1 pound ground chicken
- 1 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 cup fat-free refried beans
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon lime juice
- 1 pinch salt
- 6 corn tortillas 6-inch
- shredded low-fat cheddar cheese for serving
- romaine lettuce Shredded, for serving
- 1 ear of corn shucked
- 1 avocado peeled and diced
- 1/2 diced tomato
- 1 tablespoon minced onion peeled and
- 1 tablespoon chopped fresh cilantro
- 3/4 tablespoon lime juice
- salt to taste

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 65 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 16 grams

7. SaturatedFat: 3 grams
  8. Sodium: 340 milligrams
  9. Sugar: 2 grams
- 

Thank you for visiting our website. Hope you enjoy Chicken Taco Tower above. You can see more 18 mexican taco tower recipe Delight in these amazing recipes! to get more great cooking ideas.