



**Grilled Chicken
Soft Tacos with Avocado**

Makes 6 to 8 servings
Prep: 10 minutes, Stand: 15 minutes,
Grill: 14 minutes

- 2 tablespoons olive oil
- 1 (1.12-ounce) packet fajita seasoning mix
- 2 pounds boneless, skinless chicken breasts
- 2 red, green, or orange bell peppers, seeded and halved
- 12 to 14 (8-inch) flour tortillas
- 1 Avocado from Mexico, cut into chunks
- Simple Salsa (recipe on page 53)

1. Spray cold grill grate with nonstick nonflammable cooking spray, and place on grill. Preheat grill to medium-high heat (350° to 400°).
2. In a large bowl, combine olive oil with fajita packet. Add chicken breasts, turning to coat. Let stand for 10 minutes.
3. Place chicken and bell pepper halves on prepared grill. Grill chicken and pepper halves, covered with grill lid, for 5 to 6 minutes on each side, or until chicken is

done and peppers are crisp tender. Let chicken stand for 5 minutes. Cut chicken and peppers into strips. Grill tortillas for 30 seconds on each side. Cover tortillas with aluminum foil to keep warm.

4. Place chicken and bell pepper strips in grilled tortillas. Top with avocado chunks and Simple Salsa, if desired.

Yellow Rice with Black Beans

Makes 6 to 8 servings
Prep: 5 minutes, Cook: 25 minutes,
Stand: 5 minutes

- 1 (16-ounce) package yellow rice mix
- 1 (32-ounce) container 100% Natural Swanson® Chicken Broth
- 2 tablespoons olive oil
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (4.5-ounce) can chopped green chilies

1. Cook rice mix according to package directions, substituting broth for water and adding 2 tablespoons olive oil. Remove from heat. Using a fork, stir beans and chilies into cooked rice. Let stand, covered with a dish towel, for 5 minutes.