



Symmetry

Chiropractic
A different approach

The Community Resource Center For Optimal Health And Healing

Mini Asian Taco's

Chicken Taco Filling:

- 1 Whole boneless skinless chicken breast (about 1 1/2 lbs)
- 1 Package button mushrooms
- 1/2 Pablano peppers, minced
- 1 Thumbsize piece of ginger, peeled and minced
- 3 Garlic cloves, minced
- 2 Green onions
- 1/2 Bunch cilantro
- 1 Stevia packet
- 3 Tbsp soy sauce
- 1-2 Tsp chili flakes (depending on how spicy you prefer)
- 1 tsp lemon juice
- Dash of sesame oil



Very finely chop the chicken breast and mushrooms. In a large hot pan over medium high heat brown the chicken in 3 batches, putting the cooked chicken on a plate or in a bowl between each batch. After the chicken is done cooking, in the same pan sauté the mushrooms until liquid is gone and the mushrooms begin to brown (about 10 minutes). Put mushrooms aside with the chicken.

Add a touch more olive oil and sauté the ginger and garlic until just brown. Add chicken, mushrooms and other ingredients **except** for the green onion and cilantro. Mix all ingredients. Taste for seasoning and adjust if needed. Turn off heat, add cilantro and serve. ENJOY!

Nori Taco Skins:

- 1 package toasted Nori
- Cut the Nori into desired size and shape.

Serve next to the chicken taco filling. It is best to have your family/guests make their own and eat immediately to prevent the Nori from becoming soggy.

NOTE: The easiest way to mince chicken is to cut into small pieces and then chop away with a heavy knife changing direction every couple minutes, up-down, side to side, diagonal to diagonal. It is not possible to achieve desired consistency in food processor.

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