Instant Pot Buffalo Chicken Tacos

Ingredients

**Buffalo Chicken:**
- 1.25 lb. boneless skinless chicken breast or thighs
- 1/2 teaspoon onion powder
- salt and pepper to taste
- 1/4 cup buffalo sauce

**Ranch:**
- 1/2 cup light mayonnaise (olive oil based)
- 1/4 cup olive oil
- 1/4 cup water
- 1 tablespoon white vinegar
- 1 clove garlic
- 1 teaspoon dried dill (or about 1/4 cup fresh)
- 1/4 cup fresh parsley
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- black pepper to taste

**Tacos:**
- whole wheat tortillas or wraps
- shredded cabbage
- cilantro
- avocado
- limes

Instructions

1. Place chicken, seasonings, and buffalo sauce in the Instant Pot. Set pot to high pressure and cook for 15 minutes. Allow for natural pressure release for 5-10 minutes. Then shred chicken is with 2 forks.
2. While chicken cooks, make the ranch. Combine everything in a food processor/blender and pulse until smooth.
3. Transfer shredded chicken and sauce to a baking sheet. Broil for 10-15 minutes until browned and crispy.
4. Assemble tacos: buffalo chicken, mashed avocado, shredded cabbage, lime squeeze, cheese of choice, and ranch all in a nice fluffy tortilla.
Nutrition Facts
Per serving, recipe makes 4
465 calories, 21 gm carb, 35 gm fat, 12 gm protein, 875 mg sodium

Recipe from Pinch of Yum: https://pinchofyum.com/instant-pot-buffalo-chicken-tacos#tasty-recipes-59241-jump-target

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