

Blended Chicken Mushroom Tinga FIT

Serving size: 2/3 cup

Makes 8 servings

King Oyster Mushrooms:

- 1 ¼ lbs Oyster Mushrooms
- 2 TBSP Canola Oil
- 2 TBSP Chipotle Peppers, canned, minced
- ¾ tsp Salt
- 2 TBSP Lime Juice
- 2 TBSP Cilantro, chopped

Chicken Tinga Taco Filling:

- 1 tsp Chili Powder, divided
- 1 tsp Ground Cumin, divided
- ¾ tsp Garlic Cloves, minced
- ¾ tsp Canola Oil
- 1 lb Chicken Thighs, skinless, boneless
- 1 each Guajillo Chili Peppers, dried
- 3 TBSP Hot Water
- 3 TBSP Ketchup
- 2 tsp Chipotle Peppers, canned
- 1 tsp Roasted Garlic
- 1 each Bay Leaf
- 1 1/3 cups Water
- ¾ tsp Canola Oil
- 1/8 cup Red Bell Peppers, sliced
- 1/8 cup Green Bell Peppers, sliced
- ¼ cup Yellow Onions, diced
- 1/8 tsp Salt
- ¼ tsp Pepper

Preparation:

For Chipotle Lime Pulled King Oyster Mushrooms:

1. Use two forks or hands to shred king oyster mushrooms lengthwise.
2. In a bowl, toss shredded mushrooms with oil, chipotle peppers, salt and lime juice. Place on a parchment lined sheet tray and roast in a 350°F oven and roast until golden brown, about 10-15 minutes. Garnish with cilantro.

For Chicken Tinga Taco Filling:

1. Combine ¾ tsp chili powder, ¾ tsp cumin, garlic, and canola oil for rub. Rub chicken and let it marinate overnight.
2. Soak guajillo chilies in hot water until softened. Discard water. Mix ketchup, chipotles, roasted garlic, and guajillo peppers. Puree in a food processor and set aside.
3. Add bay leaves to a large pot filled with water and bring to 170°F. Poach marinated chicken until it reaches an internal temperature of 165°F. Cool chicken and then shred. Reserve ¼ of the poaching liquid.
4. Heat canola oil, and sauté peppers and onions. Add remaining cumin, chili powder, salt, and pepper to sauteed vegetables. Add pulled chicken, reserved puree, and reserved poaching liquid. Remove bay leaves.
5. Mix together chipotle pulled mushrooms and chicken tinga to serve.



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NUTRITION FACTS PER SERVING

calories	160
total fat (g)	8
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	343
total carbohydrate (g)	8
dietary fiber (g)	2
sugar (g)	3
protein (g)	15