

Naan Chicken Tacos



By David Roberts

This recipe was inspired by an organic Mexican fusion restaurant in Charlottesville called FARMacy. They had a food truck outside of Whole Foods one day several years ago, and I was intrigued that they were using organic ingredients and were mixing Indian and Mexican tastes.

When I went to recreate it, I used tzatziki sauce, which is Middle Eastern, as the base instead of guacamole. I use shallots whenever I can, as well as microgreens which my boys grow as a business, which are a superfood due to their nutrient density.

This recipe definitely fits the “tasty, easy, and healthy” criteria especially if I don’t make the naan or tzatziki. Neither are terribly hard to make. I’ll make the tzatziki sauce about 50% of the time, however, I’ll grab a bag of naan from Wholefoods most of the time.

If you're gluten-free, substitute a bed of green for the naan. When I made it last night for this posting, I put it on a bed of broccoli microgreens, and it was fantastic! As always, play around with it and make it your own! Bon appétit!

Ingredients

Garlic Naan bread
1 lb Organic chicken (cubed)
Tzatziki sauce
Organic romaine lettuce (chopped)
Kale or radish microgreens
Organic cilantro (chopped)
Organic shallot (diced)
Feta
Salsa

Tzatziki Ingredients

1 cup plain organic whole milk yogurt
1/2 organic cucumber (peeled, seeded, diced)
1/2 tsp. salt
1 Tbsp. organic lemon juice
1 garlic clove (minced or pressed)
1 Tbsp. chopped fresh dill

Directions

Spread the tzatziki sauce onto the naan. Place a generous amount of chopped romaine and cilantro along with microgreens and diced shallots on top of the naan and tzatziki. If you don't have access to shallots, onions can be used too. On top of the bed of greens, place the chicken and the feta. Finally, I drizzle salsa over everything!