

Taco Chicken

1 tablespoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried oregano
1/2 teaspoon paprika
1 1/2 teaspoons ground cumin
1 teaspoon sea salt
1 teaspoon black pepper
2 T GF Flour
Chicken breasts cut up into small pieces
1 cup chunky Salsa
2 T honey



Heat oil in pan to brown chicken. Put flour and seasoning in ziplock bag combine well. Add chicken and shake to coat. Cook in oil to brown on both sides. Mix Salsa and honey. Add salsa and honey mixture. Mix well reduce heat and simmer 10 min or until chicken is done Is excellent served over rice.

<http://www.lincolntent.com/GFCF-Poultry.html>