



Crispy Taquitos

Ingredients

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| 2 cups Pico de Gallo, divided
(see page 8) | ½ cup shredded reduced fat
Cheddar cheese, Monterey
Jack cheese, or queso fresco |
| ½ cup cooked, finely chopped
chicken | 12 corn tortillas |
| ½ cup no salt added canned corn
or frozen corn, thawed | 2 teaspoons vegetable oil |
| ¼ cup chopped green onion | |
| ¼ cup chopped green bell pepper | |

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg