

Crispy Taquitos

Makes: 4 servings

Fresh pico de gallo, cooked chicken, veggies, and cheese combine to make these tasty taquitos that are baked, not fried, for a healthy meal or snack.

Ingredients

- 2 cups** Pico de Gallo (find recipe here)
- 1/2 cup** chicken (cooked, finely chopped)
- 1/2 cup** corn (no salt added, canned or frozen, thawed)
- 1/4 cup** green onion (chopped)
- 1/4 cup** bell pepper (green, chopped)
- 1/2 cup** cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)
- 12** corn tortillas
- 2 teaspoons** vegetable oil

Directions

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.

California Champions for Change, Lunch Recipes California Department of Public Health, Network for a Healthy California

Nutrition Information	
Nutrients	Amount
Calories	290
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	20 mg
Sodium	240 mg
Total Carbohydrate	46 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

