

Recipe of the Week

Baked Chicken Taquitos

Serves 4

This baked version of taquitos is healthier and less mess in the kitchen than the traditional fried ones. The flavorful chicken filling makes great tacos as well. Serve with salsa, sour cream and guacamole. Leftover chicken or a rotisserie chicken is perfect for the filling.

Ingredients

1 tablespoon olive oil, more for brushing tortillas
1 cup chopped onion
2 cloves garlic, chopped
1 teaspoon ground cumin
1 teaspoon paprika
1/2 teaspoon sea salt
1/4 cup chopped cilantro
2 cups shredded cooked chicken meat
2 cups low-sodium, gluten-free chicken broth
12 (6-inch) corn tortillas
1 C crumbled queso fresco or shredded Monterey jack or cheddar



Method

Preheat oven to 425°F and oil a baking sheet. Heat olive oil over medium heat in a skillet. Add onion and cook until starting to soften and turn translucent, 3 to 5 minutes. Add garlic, cumin, paprika and salt. Stir to combine and cook 2 to 3 minutes longer, until fragrant. Take from heat and stir in cilantro and chicken. Set aside.

Bring chicken broth to a simmer in a skillet or pot wide enough to hold tortillas. When broth simmers, dip tortillas briefly, one at a time, just to soften, 1 to 2 seconds. Lay tortilla on a work surface and spread 2 or 3 tablespoons chicken mixture over bottom third. Top with a tablespoon of cheese and roll up. Place seam side down on the baking sheet. Repeat with remaining tortillas. Spray or brush tortillas lightly with oil and bake until crisp and lightly browned, 12 to 15 minutes. Serve immediately.

Nutrition

Per serving (About 3 taquitos/376g-wt.): 450 calories (150 from fat), 17g total fat, 5g saturated fat, 33g protein, 44g total carbohydrate (6g dietary fiber, 3g sugar), 85mg cholesterol, 540mg sodium (<http://www.wholefoodsmarket.com/recipes/2077>)



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