



Air-Fryer Cheesy Chicken Taquitos



1/4th of recipe (2 taquitos): 234 calories, 6g total fat (2g sat. fat), 298mg sodium, 23g carbs, 2g fiber, 2g sugars, 20g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

1/4 cup light/reduced-fat cream cheese
1/3 cup taco sauce
8 oz. cooked and shredded skinless chicken breast
Eight 6-inch corn tortillas
Optional toppings: chopped fresh cilantro, sliced red onion

Seasoning:

1/4 tsp. garlic powder

Directions

In a medium bowl, stir cream cheese until smooth. Add taco sauce and garlic powder, and mix until smooth and uniform. Stir in chicken.

Place tortillas between 2 damp paper towels. Microwave for 30 seconds, or until warm and pliable.

Spread a tortilla with 1/8th of the chicken mixture (about 3 tbsp.). Tightly roll up into a tube, and secure with a toothpick. Place seam side down in the air fryer. Repeat to make 7 more taquitos. Spray with nonstick spray.

Set air fryer to 370°F (or the nearest degree). Working in batches as needed, cook until golden brown, about 8 minutes.

MAKES 4 SERVINGS

Oven Alternative: No air fryer? No problem! Bake at 375°F until golden brown, 14–16 minutes.

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