



Exploding Chicken Taquitos



1/4th of recipe (2 taquitos): 197 calories, 2.5g total fat (0g sat. fat), 594mg sodium, 22.5g carbs, 3g fiber, 2g sugars, 20.5g protein

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

Chill: 15 minutes



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Ingredients

10 oz. canned 98% fat-free chunk white chicken breast in water, drained and flaked
1/2 cup salsa
1/3 cup shredded fat-free cheddar cheese
1/4 tsp. taco seasoning mix
Eight 6-inch corn tortillas
Optional dips: red enchilada sauce, additional salsa, fat-free sour cream

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a medium bowl, mix chicken with salsa. Cover and refrigerate for 15 minutes.

Drain any excess liquid from the chilled chicken mixture. Stir in cheese and taco seasoning.

Place tortillas between 2 damp paper towels. Microwave for 1 minute, or until warm and pliable.

One at a time, spread each tortilla with 1/8th of chicken mixture, about 2 tbsp.; tightly roll up into a tube, place on the baking sheet, seam side down, and secure with toothpicks if needed.

Bake until crispy, 14 to 16 minutes. (Don't worry if they crack and "explode" a little!) Eat up!

MAKES 4 SERVINGS

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