



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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

Chill: 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.