



## Crispy Taquitos

### Ingredients:

2 cups Pico de Gallo, divided  
½ cup cooked, finely chopped chicken  
½ cup no salt added canned corn  
¼ cup chopped green onion  
¼ cup chopped green bell pepper  
½ cup shredded, reduced fat cheddar, cojack, or queso fresco cheese  
12 corn tortillas  
2 teaspoons vegetable or canola oil

1. Wash hands with warm soapy water before preparing any food.
2. Preheat oven to 425°F.
3. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper and cheese and mix well.
4. Soften the tortillas on the stovetop or microwave onion.
5. Spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure with a toothpick.
6. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil.
7. Bake 10-15 minutes or until crisp and lightly browned.
8. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Makes 4 servings (3 taquitos per serving).

Nutrition facts per serving: 286 Calories, 8 g Fat, 3 g Saturated fat, 24 mg Cholesterol, 565 mg Sodium, 41 g Carbohydrate, 6 g Fiber, 14 g Protein.

**Recipe Adapted from:** [www.cacachampionsforchange.cdph.ca.gov/en/recipes/pages/crispy-taquitos.aspx](http://www.cacachampionsforchange.cdph.ca.gov/en/recipes/pages/crispy-taquitos.aspx)

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