

Oven-Baked Chicken Taquitos

Chicken breasts

8 oz chicken breasts
(boneless, skinless)

Nonstick cooking spray

Tomatoes

1 cup tomatoes
(diced)

lettuce

1 cup lettuce
(shredded)

Refried beans

1/2 cup refried
beans (fat-free)

Prepared guacamole

1/2 cup

Cheese blend

1/2 cup 2% Mexican-style
cheese blend (shredded)

Corn tortillas

8 corn tortillas (6-inch)

Red pepper flakes

1/8 tsp crushed red
pepper flakes

Black pepper

1/8 tsp

Cumin

1/2 tsp

Salt

1/2 tsp

Ingredients



Oven-Baked Chicken Taquitos



1. Preheat the oven to 400 degrees F. Coat a baking sheet with cooking spray. Set aside.

Directions



Oven-Baked Chicken Taquitos



20
MIN

2. In a small bowl, mix together the cumin, chili powder, garlic powder, and ground black pepper.

Directions



Diabetes
360°

Oven-Baked Chicken Taquitos

 25
MIN

3. Lay the chicken breasts on the prepared sheet pan. Sprinkle the chicken with the spice mixture. Roast the chicken in the oven for 25 minutes or until the internal temperature is 165 degrees F. Set it aside to cool slightly.

Directions

Diabetes
360°

Oven-Baked Chicken Taquitos



25
MIN

4. Keep the oven on and coat a clean baking sheet with cooking spray.

Directions



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Oven-Baked Chicken Taquitos



25
MIN

5. Once the chicken has rested and cooled slightly, shred the chicken meat and add it to a medium bowl. Add the cheese and refried beans and mix well.

Directions



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360°

Oven-Baked Chicken Taquitos



30
SEC

6. Place the corn tortillas
in between two damp paper towels.
Microwave on high for 30 seconds.

Directions



Diabetes
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Oven-Baked Chicken Taquitos

25
MIN

7. Fill each corn tortilla with 1/4 cup chicken filling and roll tightly. Lay seam side down on the prepared baking sheet. Once all the taquitos are on the baking sheet, lightly spray each one with cooking spray.

Directions



Diabetes
360°

Oven-Baked Chicken Taquitos



15
MIN

8. Bake for 15 minutes or
until the tortillas are crispy.

Directions



Diabetes
360°

Oven-Baked Chicken Taquitos



25
MIN

9. Serve two taquitos with
1/4 cup shredded lettuce,
2 Tbsp. guacamole
and 1/4 cup diced tomatoes

Directions



Diabetes
360°