

Recipe: Crispy Taquitos

Yield 4

Serving size: 3 Taquitos



Front

Ingredients:

- * 2 c. pico de gallo (salsa)
- * 1/2 c. frozen corn, thawed or canned corn rinsed with water
- * 1/4 c. chopped green bell pepper
- * 12 corn tortillas (6" diameter)
- * 1/2 c. cooked, finely chopped chicken
- * 1/4 c. chopped green onion
- * 1/2 c. shredded Cheddar cheese, Monterey Jack cheese, or queso fresco
- * 2 tsp. vegetable oil

Directions:

- a. Heat oven to 425 degrees Fahrenheit.
- b. In a medium bowl, combine 1 cup pico de gallo, chicken, corn, green onion, bell pepper, and cheese.
- c. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla.

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Back

Directions Continued:

- d. Roll up tightly and secure each with a toothpick.
- e. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil.
- f. Bake for 10 to 15 minutes or until crisp and lightly browned.
- g. Place 3 taquitos on each plate and serve with remaining salsa.

*Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

* To reduce fat in recipe use low-fat or part skim cheese in place of cheese made with whole milk.

Nutrition Facts per serving (3 Taquitos): Calories 332, Total Fat 10 g, Sat. Fat 4g, Cholesterol 27 mg, Sodium 324 mg, Total Carbohydrates 50 g, Dietary Fiber 7 g, Protein 15 g

Recipe found at:

http://www.dhs.ca.gov/ps/cdic/CPNS/lat5aday/download/Crispy_Taquitos.pdf

Recipe: Cucumber Boats

Yield 2

Serving size: 1/2 cucumber



Ingredients:

- One cucumber
- 1 c. cottage cheese
- 4 carrot sticks

Directions:

- a. Slice cucumber in half, lengthwise and scoop out the seeds.
- b. Make a "cucumber boat" by filling each half with 1/2 c. cottage cheese and add 2 carrot sticks for oars.

Recipe found at: <http://www.extension.iastate.edu/food/bingo/snackjan.pdf>