

# *Chicken Taquitos*

**A healthy alternative to the frozen taquito counterpart.**

- Servings - 9 to 10 taquitos
- Prep time - 10 minutes
- Cook time - 15 minutes

## **Ingredients**

- 1 1/2 cups shredded cooked chicken (try cooking up an extra breast or so with dinner the night before!)
- 6 ounces of shredded cheddar cheese
- 1 1/2 cup chopped baby leaf spinach (with stems removed)
- 1 small bell pepper, any color, chopped
- 6 ounces (or 3/4 cup) of softened cream cheese, or plain Greek yogurt, or combination
- 2 tablespoons of fajita or taco seasoning
- 9 to 10 six inch flour tortillas (we used whole wheat tortillas)

## **Protocol**

1. Saute the bell pepper over medium heat until slightly tender, about 3 to 4 minutes.
2. In a large mixing bowl combine the green peppers and all of the above ingredients (sans the tortillas) and mix until evenly combined.
3. Spoon about 2 tablespoons of the mixture into a tortilla and spread it out into a "log." Roll the tortilla tightly and set aside. Repeat for the remaining tortillas.
4. In a medium sized pan, pour in enough vegetable oil to liberally coat the bottom. Heat this oil over medium heat until hot.
5. Place about 3 or 4 taquitos into the pan (seam side down!) and fry each side for about 1 to 2 minutes or until golden brown. Place on a paper towel-lined plate. Repeat for all of the taquitos.
6. Serve with salsa, sour cream, or guacamole and enjoy!