

Chicken Taquitos

INGREDIENTS

- 1.5 cups shredded cooked chicken- I use rotisserie chicken for this
- 1 can of black beans drained and rinsed
- 1/2 cup low fat mexican blend cheese
- 1 cup of your favorite salsa
- 1/2 TBS taco seasoning
- 10 egg roll wrappers

Optional toppings:

- Shredded lettuce
- Tomato
- Onion
- Avocado
- Cotija cheese
- Cilantro

DIRECTIONS

1. You can use an air fryer or oven for this recipe. If you are using your oven, preheat to 425 degrees
2. Shred your chicken- I use my kitchen aid mixer for this. Use the flat beater and speed 2 for about a minute
3. Combine chicken, beans, cheese salsa, and taco seasoning in mixing bowl. Mix together with spoon
4. Spoon filling into egg roll wrapper. Fold in the bottom edge first, then the sides and roll to close it. Spray each with avocado or olive oil
5. For air fryer, cook on 400 degrees for 6-7 minutes. For oven, bake at 425 for about 10 minutes
6. While taquitos are cooking, we will make the veggies.
7. Heat 1 tbs olive oil in skillet over medium high heat, and place frozen veggies in skillet. Cook for about 5 minutes.
8. While frozen veggies start to cook, cut zucchini into strips. Add to the same skillet. Season with garlic powder, paprika salt and pepper.
9. Cook over medium high heat for another 5 minutes, just until zucchini is tender.
10. Remove taquitos from the air fryer, serve with toppings and veggies and enjoy!