

Gusta Vegan Sausage Flautas



Indulge in the irresistible flavors of our Vegan Sausage Gusta Flautas! A crispy and spicy delight, this recipe brings together plant-based goodness. Discover the joy of meatless indulgence!

Preparation 5 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 610

Fat 25

Carbohydrates 59

Fibre 8

Protein 35

Sodium 985

Ingredients

- 1 package of 12 [Gusta Vegan Dogs](#)
- 1 clove (or 5 ml / 1 tsp) minced garlic
- 5 ml (1 tsp) olive oil
- 500 ml (2 cups) corn kernels
- 1 red bell pepper, diced
- 1 orange bell pepper, diced

- 12 whole wheat tortillas
- 375 ml (1½ cups) grated Tex-Mex cheese
- A few chopped fresh cilantro leaves

Preparation

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper or a silicone mat.
2. In a skillet over high heat, grill the sausages and garlic in a drizzle of olive oil for 5 minutes, then add corn, bell bell pepper and salsa. Simmer for 5 minutes over medium heat.
3. Assemble the flautas by placing a sausage and sauce in the center of each tortilla. Top with cheese, a few cilantro leaves and fold the tortilla towards the center on each side. Place on a baking sheet with the open side facing down.
4. Bake for 10 minutes or until the tortilla is lightly toasted and the cheese is melted.

Notes

Can be kept for 3 days in the refrigerator.



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