

Shredded Chicken Taquitos



Discover the enticing flavors of Shredded Chicken Taquitos, a quick and easy recipe perfect for those craving a touch of Mexican cuisine. Combining tender shredded chicken, smoky spices, and creamy cheese in a crispy corn tortilla, this dish is a foolproof way to satisfy your taste buds. Whether using an oven or an air fryer, it's the ideal meal for busy weeknights, offering both delight and nutritional benefits.

Preparation 10 min

Cooking 40 min

Servings 5

Nutrition Facts (per serving)

Calories 330

Fat 15

Carbohydrates 28

Fibre 4

Protein 22

Sodium 390

Ingredients

- 1 boneless, skinless chicken breast
- 5 ml (1 tsp) cumin
- 5 ml (1 tsp) smoked paprika

- 15 ml (1 tbsp) olive oil
- 10 corn tortillas
- 80 ml (? cup) canned black beans, drained
- 80 ml (? cup) canned corn, drained
- 60 ml (¼ cup) salsa
- 250 ml (1 cup) shredded marbled cheddar cheese
- Spray oil

Preparation

1. Preheat the oven or air fryer to 350°F (180°C).
2. Slice the chicken breast horizontally to create two thinner cutlets.
3. Season each side of the cutlets with cumin and smoked paprika. Generously pepper and add a pinch of salt.
4. In a skillet, over medium-high heat, pour in the olive oil and cook the cutlets for 5-6 minutes on each side, or until the internal temperature reaches 165°F (74°C).
5. In a large bowl, shred the chicken with two forks, then mix in the black beans, corn, salsa, and cheese.
6. Heat the tortillas in the microwave for 30 seconds to make them pliable and prevent breaking.
7. Distribute the filling among the tortillas, roll tightly, and place seam-side down in the air fryer or on a baking sheet.
8. Spray the taquitos with oil and cook in the air fryer or oven for 15 minutes, or until they are crispy.
9. Serve with plain Greek yogurt, salsa, and guacamole.

Notes

The filling can be stored for 4 days in the refrigerator. It is not recommended to refrigerate assembled taquitos.



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