

Recipes makes: 4 Servings (3 Taquitos per serving)

Nutrition Facts

Serving Size: 3 Taquitos
Servings: 4

Amount Per Serving

Calories 530 Calories from Fat 170

% Daily Value*

Total Fat 18g 28%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 550mg 23%

Total Carbohydrate 59g 20%

Dietary Fiber 8g 34%

Sugars 7g

Protein 33g

Vitamin A 110% • Vitamin C 15%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients-

- ♥ 2 Cups Cooked and Shredded Chicken
- ♥ 1/8 Cups Frank's RedHot Buffalo Wing Sauce
- ♥ ½ Cup Dry [D'Avolio Quinoa](#)
- ♥ 1 Cup Low-Sodium Chicken Broth
- ♥ ½ Cup Onion, finely chopped
- ♥ 1 Tbsp **D'Avolio Extra Virgin Olive Oil**, divided
- ♥ 6 oz Low-Fat Cream Cheese
- ♥ 2 Medium Carrots, finely diced
- ♥ 2 Medium Celery Stalks, finely diced
- ♥ 12, 6" Corn Tortillas
- ♥ ½ Cup [Flax Seed Guacamole*](#) (optional)
- ♥ ½ Cup Plain Greek Yogurt (optional)

*See recipe on Healthy Options website

PREPARATION:

1. Preheat oven to 425 °F.
2. In a medium sized pot, heat 1 tsp olive oil and sauté onions and carrots until tender, about 5 minutes. Add quinoa and sauté for an additional 1-2 minutes.
3. Add broth to pot and increase heat until boiling. Reduce heat to simmer and cover pot. Cook quinoa for 15-20 minutes until liquid is absorbed. Remove from heat and store in fridge to cool.
4. Mix cream cheese and buffalo wing sauce until well combined. Stir in chicken, cooled quinoa mixture, and celery.
5. Spread mixture into a line on the center of the tortillas. Roll tortillas and place on a lightly greased cooking sheet. Brush the taquitos with remaining olive oil.
6. Bake at 425° F for 15-20 minutes or until taquitos are golden brown.
7. (Optional) Serve with yogurt and guacamole by drizzling over taquitos or serving in dipping bowls.



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