



## Taquitos

Serving Size: 3 Taquitos

Yield: 4 Servings

### Ingredients:

2 c. frozen vegetables, thawed (peas, carrots, corn)

1/3 c. Monterey Jack cheese, shredded

12 corn tortillas, warmed

2 tsp. vegetable oil

2 c. salsa

1/2 avocado, chopped



### Directions:

1. Preheat oven to 450°F. In a medium bowl, mix vegetables and cheese.
2. Spoon 1/4 c. vegetables and cheese mixture into the center of each tortilla.
3. Roll each tortilla up tightly and place taquitos on a baking sheet.
4. Brush each taquito lightly with oil. Bake until crispy, about 7 to 10 minutes.
5. While taquitos are baking, mix salsa with avocado.
6. Spoon salsa mixture over taquito and serve.

**Nutrition Information per Serving:** Calories 360, Total Fat 12 g (18% DV), Saturated Fat 3 g (13% DV), Cholesterol 10 mg (3% DV), Sodium 230 mg (10% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 8 g (32% DV), Sugars 3 g, Protein 8 g, Vitamin A 80%, Vitamin C 20%, Calcium 10%, Iron 10%.

**Source:** University of Nebraska-Lincoln Extension



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