Air Fryer Taquitos

Ingredients (makes 12):

- **12 (6 inch) flour tortillas**
- **1 ½ cups cooked shredded chicken, or 1, 12.5 oz can chicken (drained)**
- **¾ cup shredded cheese**

Instructions:

1. **Preheat the air fryer to 400 degrees.**
2. **Take a tortilla, put 2 tablespoons of chicken on one end of the tortilla, then place 1 tablespoon of cheese on top and roll the tortilla up with the chicken and cheese inside.**
3. **Put the rolled tortillas in the air fryer, seam side down, and fry them for 5-6 minutes, or until they are brown and crispy.**

Cooking Tip:

- To shred chicken from a breast or thigh, you can hold the chicken in place with one fork, take another fork and place it in the chicken, and then pull away repeatedly.

Nutrition fact:

- Adding beans to your taquitos can increase fiber and make you feel full longer.
- Air frying reduces the amount of fat in the recipe.

Substitutions:

- For a lower-fat option, use fat-free or reduced-fat cheese.
- Instead of cooked shredded chicken, you can use canned chicken.

Nutrition Facts

Servings: 1 Calories: 140 Sodium: 350mg Fat: 5g
Saturated Fat: 2g Protein: 8g Sugar: 0g Carbs: 14g

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