



Chicken Flautas

Makes 36 flautas

2 whole skinless, boneless chicken breasts
1 TBS olive oil
1 medium white or brown onion
4 garlic cloves – minced
2 chipotles in adobo – chopped
1 TBS ground cumin
1 TBS dried oregano
4 Roma tomatoes or medium tomatoes peeled and chopped
1 TBS chopped cilantro
36 small flour tortillas
Toothpicks
Oil for frying
Mashed avocado, Sour cream, Mexican Salsa for toppings

Cut the breast into thin slices and then cube them into small cubes.

Heat the olive oil and add the onion. Cook the onion for 5 to 6 minutes until onions are translucent and soft. Add the chipotles and garlic. Cook for a couple of minutes until you can smell the garlic. Add the cumin and cook for a couple of minutes. Mix. Add the cubed chicken, tomatoes, oregano and cilantro. Add salt and pepper to taste. Mix well and cook until chicken is cooked through and the tomatoes start rendering some juice. Turn off the heat and set aside.

Heat the tortillas by wrapping them in foil and placing them in the oven. They don't have to be hot just warm enough to make them pliable.

Place a tortilla on a board and add a spoonful of chicken in the middle. Roll the tortilla tightly (but do not break them) and secure the end with a toothpick. Press in the ends to seal them so that the chicken does not fall out.

Heat enough oil in a deep skillet or pan until it is very hot. The way I test it is by adding a little piece of bread. If it sizzles and fried immediately your oil is ready. Add the flautas without crowding the pan and fry them until they are browned – about 3 minutes. Remove them onto a paper towel lined plate.

Serve your flautas with avocado, sour cream and Mexican salsa. Enjoy!

2 flautas no toppings - CALORIES 379.96; FAT 9.89 grs (sat 1.34; mono 4.06; poly 2.32); PROTEIN 15.87 grs ; FIBER 0.55 grs; CARBS 57.39 grs; CHOLESTEROL 16.78 mg; IRON 4.93 mg; SODIUM 951.97 mg; CALCIUM 302.66 mg

©TheFrugalChef™2014

www.TheFrugalChef.com