

THINGS TO KEEP IN MIND

You can also use an air fryer instead of the oven. Cook at 390 °F for approximately 9 minutes, or until crispy, flipping halfway through.

INGREDIENTS:

- 1 ½ cups of low-sodium chicken broth
- 1 chicken breast
- 1 onion, finely chopped and divided
- ¼ cup of fresh cilantro
- 4 garlic cloves, minced and divided
- optional seasonings, to taste: bay leaf, celery, rosemary, thyme, garlic powder
- 2 tbsp of cream cheese
- ¼ cup of Mexican-blend shredded cheese
- 1 (10-count) package of corn tortillas
- cooking spray
- plain yogurt or sour cream (optional)



Flautas de pollo (chicken flautas)

Directions

1. Add the chicken broth to a large saucepan and bring it to a simmer. Add the chicken breast, half of the chopped onion, cilantro, half of the garlic, and the optional seasonings (if desired). Simmer for 30 minutes or until the chicken is fully cooked (reaching an internal temperature of 165 °F on a meat thermometer).
2. Remove the chicken breast from the saucepan and shred with a fork. Transfer to a bowl and add the cream cheese, remaining garlic, remaining onion, and shredded cheese.
3. Preheat the oven to 350 °F.*
4. Remove the tortillas from their packaging and stack them on a microwave-safe plate. Cover with a wet paper towel and microwave for 1 minute.
5. Fill each tortilla with the shredded chicken mixture. Roll into a tube shape to close. Place the rolled-up tortillas side by side in a greased casserole pan or baking dish.
6. Once all of the tortillas are in the pan, top them with a light coating of cooking spray. Bake for 20 minutes, flipping the tortillas over after 10 minutes.
7. Remove from oven and garnish with plain yogurt or sour cream, if desired.