

SMOKY BLACK BEAN AND CORN TAQUITOS WITH CHIPOTLE CILANTRO DIP

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 2 taquitos with 1 Tablespoon dipping sauce)

Nutrition (per serving)

Calories: 194

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 170 mg

Total Carbohydrate: 32 g

Dietary Fiber: 6 g

Total Sugars: 5 g

Protein: 7 g



Ingredients

Taquitos

- Cooking spray
- ½ cup finely chopped red onion
- 2 teaspoons minced garlic
- 1 cup canned no salt added black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 teaspoon minced chipotle pepper, seeded
- 1 teaspoon adobo sauce (assure gluten free for GF version)
- ½ teaspoon ground cumin
- 1/8 teaspoon salt
- ½ cup shredded low fat Mexican cheese
- 16 corn tortillas

Dipping Sauce

- ½ cup light sour cream
- 2 teaspoons adobo sauce (assure gluten free for GF version)

Topping

- Sprigs of fresh cilantro

- 1 Tablespoon minced fresh cilantro
- 1/8 teaspoon salt

- ½ cup diced tomato

Directions

1. Preheat oven to 425 degrees Fahrenheit. Spray baking sheet with cooking spray and set aside.
2. Heat a medium sauté pan over medium-high heat and coat the pan with nonstick cooking spray. Add the minced onion and cook for 1-2 minutes. Add in the minced garlic, black beans, corn, chipotle pepper, adobo sauce, cumin, and salt, and cook for an additional 5 minutes.
3. Remove pan from heat and fold in the shredded cheese, until just combined.
4. Warm the corn tortillas in the microwave for 30 seconds. Lay the tortillas out on a flat surface. Place 2 Tablespoons of filling just off center in each tortilla. Roll tightly, and place seam side down on the prepared baking sheet.
5. Spray the tops of the taquitos evenly with cooking spray. Bake for 15 minutes, until golden and crispy.
6. Top each taquito with 1 Tablespoon diced tomato and sprig of cilantro.
7. In a small bowl, mix all dip ingredients together. Serve with taquitos.

To make bariatric diet friendly:

Recommend omitting chipotle pepper and adobo sauce due to spice during the first 4 weeks after surgery. No significant change in nutrition information.