

Jalapeño Popper Chicken Taquitos

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken
Breasts, 8 oz each
24 Corn Tortillas
16 oz Greek Cream Cheese
2 Jalapeños, chopped
1 Tbsp Garlic Powder
1/2 Tbsp Onion Powder
1 tsp Paprika
Non-Stick Cooking Spray
Salt and Pepper to taste

*Each meal is 4 Taquitos



Nutrition Profile

- per meal -

Calories - 454

Fat - 11g

Carbohydrates - 47g

Protein - 39g

Estimated Cost
Per Meal

\$1.94

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Instructions

1. Start by dicing your jalapeños and removing some of the seeds. The more seeds you leave in, the spicier it will be. So adjust accordingly. Set aside.
2. Cut your blocks of cream cheese into cubes and set aside.
3. Add your three chicken breasts to your crockpot and add 1 Tbsp of garlic powder, 1/2 Tbsp of onion powder, and 1 tsp of paprika. Add in your diced jalapeños and cream cheese. Cover and cook on low and slow for 4 hours.
4. After 4 hours, shred your chicken, taste, and add salt and pepper to preference. Now you're ready to start filling your tortillas.
5. Heat your tortillas 4-5 at a time in the microwave for about 30 seconds. You can place them between two damp paper towels for added moisture. This heating step is important and makes the tortillas easier to work with. If you are using flour tortillas, you can skip this step.
6. Start filling your tortillas with your chicken mixture and roll carefully. Line two baking sheets with parchment paper and add 12 taquitos to each, folded side down.
7. Once all your tortillas are filled and rolled, spray with non-stick cooking spray and bake in the oven for 10-15 minutes at 350°F or until golden brown.
8. Enjoy!



Notes

- You can use flour tortillas for this recipe if you prefer. Flour tortillas will be easier to work with when rolling. You can also cook these in the air fryer or even in a frying pan with shallow cooking oil. Adjust calories and macros as needed.
- Just like all meal preps, when there are no veggies, feel free to add a side of your favorite roasted veggie or a small side salad for fiber and micronutrients.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.