

Baked Chicken and Bean Flautas

inspired by [Healthy Delicious](#)

makes twelve flautas

- 1 tablespoon vegetable oil
- 1 cup minced white onion
- 3 cloves of garlic
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- 1 teaspoon chili powder
- 1 teaspoon salt
- 2 cups shredded cooked chicken
- 2 cups cooked pinto beans
- 1 poblano pepper, roasted, seeded, and cut into strips
- 1 jalapeno pepper, seeded and minced (optional)
- 4 ounces grated cheddar or Monterrey jack cheese
- 1/2 cup minced cilantro
- 6 12-inch flour tortillas, cut in half

Preheat the oven to 450 degrees. Over medium heat, saute the onion until it becomes translucent. Add the garlic and stir. Add the spices and salt. Stir those around as well. Add the chicken, beans, and peppers. Cook, stirring occasionally, until the mixture is warmed through. Taste to correct seasonings.

Remove mixture from heat. Stir in the cheese and cilantro. Brush or spray a baking sheet with oil. Lay out 1/2 of a flour tortilla. Scoop 1/4 cup of the filling onto the tortilla. Roll the tortilla tightly around the filling. Place each flauta seam side down on the baking tray. Repeat with remaining tortillas and filling. Brush or spray oil on the flautas.

Bake for 10 minutes, then turn them over and bake for 5 minutes more. The flautas should be crispy and beginning to brown.

Serve with [Chipotle Salsa](#).