

Chicken Flautas

By Maria Arnold

These Chicken Flautas are filled with a seasoned mixture of shredded chicken, cheese, and green chiles. All of that gets wrapped up in a soft flour tortilla, and fried until perfectly crispy.

Mexican

chicken flautas

how to make flautas

easy chicke flautas recipe



PREP	COOK	TOTAL	SERVINGS
25 min	10 min	35 min	4

Nutrition (per serving)

CALORIES	PROTEIN	CARBS	FAT
2121 kcal	69 g	129 g	148 g
FIBER	SUGAR	SODIUM	
8 g	8 g	3177 mg	

Ingredients

- **4 tablespoons** taco seasoning
- **1/2 teaspoon** salt
- **5 cups** shredded rotisserie chicken
- **2 cups** shredded Monterey Jack cheese

- **2** 4-ounce cans chopped green chiles (drained)
- **20** 6-inch soft flour tortillas
- **20** toothpicks
- Canola oil (for frying)
- Sour cream, guacamole, pico and salsa (to serve)

Instructions

1. In a large bowl, stir together the taco seasoning and the chicken and toss to coat. Stir in the cheese and green chiles.
2. Working with 1 tortilla at a time, spoon about 1/3 cup of the chicken mixture onto the center of the tortilla. Use your fingers to press the chicken mixture into a tight line across the middle of the tortilla. Tightly roll the tortilla around the filling; secure the tortilla in place using one toothpick. (Weave the toothpick through the tortillas where they overlap to close, parallel to the roll). Repeat with the remaining chicken mixture and tortillas.
3. Preheat the oven to 250°. Heat 1/2-inch of oil in a large cast iron skillet over medium heat until it registers 375°. Fry 4 flautas, turning occasionally, until golden brown on all sides, 1 to 2 minutes. Transfer to a paper towel lined baking sheet; keep warm in oven. Continue frying until all flautas are cooked. Serve hot with sour cream, guacamole, and salsa.