



Baked Flautas



Ingredients



- 6 corn tortillas
- 4 medium potatoes
- 1/2 cup veggies, chopped (carrots, peppers, mushrooms, spinach, etc.)
- 2 garlic cloves, minced
- 1/2 Tbsp. cumin
- 1/2 Tbsp. chili powder
- 1/2 cup shredded cheese (optional)
- 1 Tbsp. oil (for cooking vegetables)
- Salt to taste
- Non-stick cooking spray

Yield: 3 servings
Serving Size: 2 flautas

Estimated Price:

Yield (3 servings): \$4.28
Serving size (2 flautas): \$1.43



Directions



1. Preheat oven to 375 degrees F.
2. Cube potatoes and boil in water until soft enough to pierce with a fork, about 20 minutes. Drain and mash with fork, leaving some potato chunks. Set aside.
3. Heat oil in pan on medium heat. Add garlic and saute for 2 minutes. Add cumin and chili powder and cook for 2 minutes. Add chopped veggies and cook until tender, about 5-7 minutes.
4. In a large bowl, mix together the potatoes and veggie mixture. Add salt to taste.
5. Heat tortillas over medium heat in an ungreased pan. Place tortillas on baking tray lined with parchment paper. Add 1/6 of potato and veggie mixture to one tortilla. Do not overstuff. Roll tortilla tightly and place on baking sheet, seam side down. Repeat with remaining tortillas. Spray flautas with non-stick cooking spray.
6. Bake flautas for 15-20 minutes or until crisp. If desired, top with cheese immediately and allow to melt. Add any other desired toppings.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Baked Flautas



Ingredients



- 6 corn tortillas
- 4 medium potatoes
- 1/2 cup veggies, chopped (carrots, peppers, mushrooms, spinach, etc.)
- 2 garlic cloves, minced
- 1/2 tbsp. cumin
- 1/2 tbsp. chili powder
- 1/2 cup shredded cheese (optional)
- 1 tbsp. oil (for cooking vegetables)
- Salt to taste
- Non-stick cooking spray

Yield: 3 servings
Serving Size: 2 flautas

Estimated Price:

Yield (3 servings): \$4.28
Serving size (2 flautas): \$1.43



Directions



1. Preheat oven to 375 degrees F.
2. Cube potatoes and boil in water until soft enough to pierce with a fork, about 20 minutes. Drain and mash with fork, leaving some potato chunks. Set aside.
3. Heat oil in pan on medium heat. Add garlic and saute for 2 minutes. Add cumin and chili powder and cook for 2 minutes. Add chopped veggies and cook until tender, about 5-7 minutes.
4. In a large bowl, mix together the potatoes and veggie mixture. Add salt to taste.
5. Heat tortillas over medium heat in an ungreased pan. Place tortillas on baking tray lined with parchment paper. Add 1/6 of potato and veggie mixture to one tortilla. Do not overstuff. Roll tortilla tightly and place on baking sheet, seam side down. Repeat with remaining tortillas. Spray flautas with non-stick cooking spray.
6. Bake flautas for 15-20 minutes or until crisp. If desired, top with cheese immediately and allow to melt. Add any other desired toppings.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



- Add black beans to your flautas for some extra protein!
- Top with chopped tomato, avocado, sour cream, and/or cilantro if desired.
- Instead of using non-stick cooking spray, coat each flauta lightly with vegetable or olive oil.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
3 servings per container	
Serving size	2 flautas
Amount Per Serving	
Calories	300
<small>% Daily Value*</small>	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 20mg	7%
Sodium 430mg	19%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0.2mcg	0%
Calcium 260mg	20%
Iron 1.98mg	10%
Potassium 423mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Fast Facts



Featured Food Groups



Cooking Tips



- Add black beans to your flautas for some extra protein!
- Top with chopped tomato, avocado, sour cream, and/or cilantro if desired.
- Instead of using non-stick cooking spray, coat each flauta lightly with vegetable or olive oil.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
3 servings per container	
Serving size	2 flautas
Amount Per Serving	
Calories	300
<small>% Daily Value*</small>	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 20mg	7%
Sodium 430mg	19%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0.2mcg	0%
Calcium 260mg	20%
Iron 1.98mg	10%
Potassium 423mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	