



Recipes

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Baked Veggie Flautas

Prep Time: 10 Minutes

Cooking Time: 35 Minutes

Serves 12

Ingredients:

24 each 6" Smart Hearty Grains™ Tortilla (47086)
3 oz. Green Bell Peppers , cut into 1/4" match sticks
3 oz. Red Bell Peppers , cut into 1/4" match sticks
3 oz. Yellow Bell Peppers , cut into 1/4" match sticks
3 oz. Red Onion , cut into 1/4" slivers
Taco Seasoning , as needed
Non-Stick Pan Spray , as needed
6 oz. Mozzarella Cheese , part-skim , shredded
Egg Wash , as needed

Directions:

1. Pre-heat convection oven to 350°F.
2. In a large bowl, combine bell peppers and onions. Toss with taco seasoning to desired flavor level. Parchment line a large sheet tray, and spray paper with non-stick spray. Lay out pepper mixture into a single layer. Place in oven and bake for 20-25 minutes, or until cooked and tender. Remove from oven, allow to cool. Reserve refrigerated.
3. To build each flauta: in the middle of each tortilla, place 0.5 oz. pepper mixture, top with 0.25 oz. mozzarella cheese. Fold one end over mixture, and start to roll tightly, brushing with egg wash before rolling into cigar shape. Place edge side down on a cooling rack on top of a parchment lined sheet tray. Place in pre-heated oven and bake for 12-17 minutes, or until crispy. Serve two per plate.
4. To help meet Kids LiveWell criteria, serve with 4.0 oz. white bean rosemary mixture (white beans, roasted red peppers, rosemary, balsamic vinaigrette) and 8.0 fl. oz. unsweetened iced tea.