

Chicken Tinga Burritos

Recipe Type: Main Dish

Serves: 6

Prep Time: 10 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 4 C Chicken Tinga
- (See www.snaped4me.org for the recipe)
- 18 6 inch tortillas
- 2 C shredded lettuce
- 2 and 1/2 C shredded reduced fat cheddar cheese

What to do:

1. Preheat the oven to 400°.
2. Wash your hands.
3. Put 1/4 C of shredded lettuce on each tortilla.
4. Top each with 1/3 C of the Chicken Tinga and 1 T shredded cheese.
5. Roll up the tortillas and bake for 10 to 15 minutes.
6. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts	
Serving Size 3 burritos	
Amount Per Serving	
Calories 470	Calories from Fat 100
%Daily Value*	
Total Fat 11 g	17%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 40 mg	13%
Sodium 400 mg	17%
Total Carbohydrate 63 g	21%
Dietary Fiber 5 g	20%
Sugars 7 g	
Protein 29 g	
Vitamin C 25%	
Calcium 25%	

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 2.5; 5/20/2015

Find other recipes at www.snaped4me.org



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