

# Chicken Tinga Empañapitas

**Recipe Type:** Main Dish

**Serves:** 6

**Prep Time:** 15 minutes

**Cooking Time:** 10 minutes

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

## What you need:

- 6 C Chicken Tinga  
(See [www.snaped4me.org](http://www.snaped4me.org) for the recipe)
- 6 whole wheat pitas
- 1 and 1/2 C corn kernels
- 1 and 1/2 C broccoli
- 1/2 C mild salsa
- 6 oz shredded reduced fat cheddar cheese



This is a picture of 1 serving.

## What to do:

1. Preheat the oven to 400°.
2. Wash your hands.
3. Cut the pita bread into halves.
4. Defrost the broccoli and corn, if you use frozen packs.
5. Put 3/4 C of chicken tinga, 1/4 C corn, 1/4 C broccoli, 1 T salsa and 2 T shredded cheese within the half pita bread.
6. Place the empañapitas on a baking tray and bake for 10 minutes.
7. Serve warm and enjoy!

## Nutrition Facts

**Serving Size** 2 empañapitas

**Amount Per Serving**

**Calories** 360      **Calories from Fat** 80

**%Daily Value\***

**Total Fat** 9 g      **14%**

Saturated Fat 2 g      **10%**

Trans Fat 0 g

**Cholesterol** 40 mg      **13%**

**Sodium** 370 mg      **15%**

**Total Carbohydrate** 49 g      **16%**

Dietary Fiber 3 g      **12%**

Sugars 6 g

**Protein** 23 g

Vitamin C 70%

Calcium 15%

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

FK= 3.9; 5/22/2015

Find other recipes at [www.snaped4me.org](http://www.snaped4me.org)



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