

Spinach Quinoa Taquitos

<u>Code</u>
\$, Q, V

Ingredients Needed:

- 12, 6 inch whole wheat tortillas
- ½ cup uncooked quinoa
- 2 cups spinach
- 1 Tbsp. taco seasoning
- 2 Tbsp. plain low-fat Greek yogurt
- ¾ cup reduced-fat, cheddar cheese, shredded
- 1-2 Tbsp. water



<u>Nutrition Facts:</u>	
Yield	6 servings
Calories	267
Total Fat	2.5 g
Sat Fat	<1 g
Sodium	441 mg
Added Sugar	0 g
Fiber	6 g
Vitamin K	54% DV
Calcium	10% DV
Iron	17% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- Preheat oven to 350 degrees.
- Cook quinoa according to directions; add spinach and 1-2 tablespoons water for 5-10 minutes.
- Remove from heat and add yogurt, cheese, and taco seasoning; mix well.
- Microwave tortillas (20 seconds two at a time) to soften; spoon about 2 tablespoons quinoa mixture onto center of tortilla and roll into a taquito; place on baking sheet.
- Repeat from remaining tortillas.
- Bake for 25-30 minutes or until tortilla is crispy and lightly browned.
- Serve with favorite salsa.