

# Baked Flautas with Mango Salsa

This Simple Cooking with Heart recipe is a simple and vegetarian version of a popular Mexican recipe that will become a quick favorite made with yellow rice, beans, seasonings and corn tortillas.

## Ingredients

 **Servings** 6

For the Baked Flautas:

- 1 cup cooked **yellow saffron rice**, cooked according to package omitting added salt
- 1/2 cup canned black beans (drained, rinsed)
- 1/2 cup chopped green onions
- 1/2 cup coarsely chopped baby spinach
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 cup no-salt-added tomato sauce
- 6 6 - inch corn tortillas

For the Mango Salsa:

- 1 cup chopped **mango** (fresh, frozen or canned)
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1 cup chopped pineapple (fresh, frozen)

OR

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1 cup canned, crushed pineapple (drained)
- 1/2 cup chopped **cucumber** (about half a cucumber)
- 2 teaspoon chopped jalapeño peppers
- 1 tablespoon lime juice

## Directions

 **Tip:** Click on step to mark as complete.

For the Baked Flautas:

Preheat the oven to 425°F. Cover a baking pan with foil and coat with nonstick cooking spray.

In a large bowl, combine the cooked rice, black beans, green onion, spinach, chili powder, cumin, and tomato sauce, mixing well.

Spoon 1/3 cup mixture on each tortilla and roll up tightly. Place seam side down on the prepared pan. Lightly spray the tops of each flauta with nonstick cooking spray. Bake 15 minute or until crispy and light brown.

For the Mango Salsa:

In medium bowl, combine all ingredients. Refrigerate.

**Cooking Tip:** Try adding golden raisins or a small amount of capers or chopped olives for more flavor.


**Keep it Healthy:** Yellow rice can have more sodium, so no additional salt is needed in this recipe.

 Calories

124 Per Serving

 Protein

4g Per Serving

 Fiber

4g Per Serving

 Cost Per Serving

\$1.77

## Nutrition Facts

Calories	124
Total Fat	1.1 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	0.4 g
Cholesterol	0.0 mg
Sodium	170 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Sugars	2 g
Protein	4 g

Dietary Exchanges

1 1/2 starch