

# Veggie Flautas

---

**Items Needed:** knife, cutting board, saute pan, baking dish

**Makes:** 12 flautas

## Ingredients:

- 1 cobb of corn (optional)
- 1/3 block of extra firm tofu
- 1 tsp olive oil
- 2 green onions
- ¼ red onion
- ½ zucchini
- ½ bell pepper
- 1 chipotle pepper and a drizzle of adobo sauce (canned)
  - Or sub with 2 tbsp taco seasoning.
- ½ bunch of cilantro
- ½ can of fat free refried beans
- 6 inch corn or flour tortillas
- 1 cup of shredded cheese (your choice.)

## Directions:

1. Preheat the oven to 400 degrees
2. Slice the corn off of the cobb, dice your peppers, onions, zucchini, and rough chop your cilantro.
3. Add olive oil to your saute pan and allow to come up to temperature. Add your onions, zucchini, corn and bell pepper and saute until they are starting to soften and getting some color on the outside of the veggies.
4. Crumble in your tofu and add your refried beans working the mixture until warmed throughout. Taste and adjust seasoning if needed.
5. Grab your baking pan and spray with pan spray so your flautas don't stick to the exterior of the pan.
6. Hold a small tortilla in your hand and scoop a few tbsp. of filling into the middle, roll the tortilla into a "flute" (this is why they are called flautas) and place in your baking dish.
7. Continue until you have used all the filling.
8. Top with cheese at your discretion and bake for 20 minutes.
9. Remove when the top is golden brown and enjoy!



## **Nutrition Information: Per 1 veggie flauta**

Cal: 104 Fat: 2.5g Carbs: 17.4g Fiber: 2.9g Protein 4.5g

<https://wexnermedical.osu.edu/nutrition-services>



**Community Garden**

