



## Love One Today<sup>®</sup> Air Fryer Avocado Black Bean Taqitos

**RECIPE DESCRIPTION:**

A twist on the traditional favorite, this taquitos recipe is easy and satisfying for a meatless lunch or dinner. Golden brown and crispy in minutes in an air fryer, these taquitos are bursting with flavor and provide an excellent source of protein and fiber. The fresh avocado adds dietary fiber and good fats to help keep you feeling fuller longer.

**RECIPE TIMES:**

**Cook Time:** 10 minutes

**Prep Time:** 10 minutes

**Total Time:** 20 minutes

**NUMBER OF SERVINGS:** 5

**INGREDIENTS:**

1 ripe, fresh avocado, halved, pitted, peeled, and mashed  
½ cup canned black beans, rinsed  
½ Tbsp. cumin  
1 tsp. garlic powder  
½ tsp. salt  
10 (6-inch) corn tortillas  
1 cup rainbow cherry tomatoes, chopped  
½ cup red or yellow bell peppers, seeded and diced  
1 Tbsp. fresh jalapeño, seeded and minced  
1 Tbsp. onion, minced  
1 Tbsp. fresh lime juice  
2 Tbsp fresh cilantro leaves, chopped  
4 oz. plain Greek yogurt

**INSTRUCTIONS:**

Using a fork, mash the avocado and black beans together in bowl. Stir in cumin, garlic powder and salt.

Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos.

Place taquitos into air fryer at 400°F degrees for 5 minutes. When timer goes off, flip and put back into air fryer for 5 more minutes. Depending on air fryer you may need to decrease time to 3 to 4 minutes per side.

While taquitos are cooking, combine cherry tomatoes, bell peppers, jalapeño, onion, cilantro, and lime juice in a small bowl to make fresh pico de gallo.

Once taquitos are golden brown and crispy, remove from air fryer and top with fresh pico de gallo and Greek yogurt.

**RECIPE NOTES:** Include any serving ideas or preparation suggestions or tips if needed. Sentence case. Do not include the notes for using large avocados.

# HAB Avocado Black Bean Taquitos

## Nutrition Facts

5 servings per container

**Serving size 2 taquitos (207g)**

**Amount Per Serving**

**Calories 250**

**% Daily Value\***

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 2.1mg	10%
Potassium 630mg	15%
Vitamin A 330mcg	35%
Vitamin C 34mg	40%
Vitamin E 2mg	15%
Vitamin K 28mcg	25%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	20%
Niacin 2.4mg	15%
Vitamin B6 0.4mg	25%
Folate 85mcg DFE	20%
Vitamin B12 0.2mcg	8%
Pantothenic Acid 1.1mg	20%
Phosphorus 250mg	20%
Magnesium 70mg	15%
Zinc 1.4mg	15%
Selenium 6mcg	10%
Copper 0.3mg	30%
Manganese 0.4mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.