Prep Time: 20 minutes
Cook Time: 25 minutes
Total Time: 45 minutes
Servings: 4 (Makes 8 taquitos)

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Introduction

Craving the crispy, savory crunch of a classic taquito but staying true to your low-carb lifestyle? These Keto Green Chile Chicken Taquitos are the answer. We swap out traditional corn tortillas for golden, baked, or fried cheese shells that hold a creamy, spicy, and incredibly flavorful chicken filling.

Packed with shredded chicken, zesty green chiles, and a blend of cheeses, these taquitos are not only delicious but also perfectly macros-friendly. Whether you serve them as a game-day

appetizer, a quick weeknight dinner, or a meal-prep lunch, they deliver on taste and texture without the carb crash.

Ingredients

For the Chicken Filling:

- 2 cups cooked chicken breast, shredded (rotisserie chicken works great for speed)
- 4 oz cream cheese, softened
- 1/2 cup shredded Monterey Jack cheese
- 1 can (4 oz) diced green chiles, drained
- 2 tbsp fresh cilantro, chopped
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp smoked paprika
- Salt and black pepper, to taste

- Juice of 1/2 lime

For the Cheese Shells:

- 2 cups shredded low-moisture mozzarella cheese (or a Mexican cheese blend)
- 1/4 cup grated Parmesan cheese (optional, for crispiness)

For Cooking & Serving:

- 2 tbsp avocado oil or coconut oil (if pan-frying)
- Cooking spray (if baking)
- Optional toppings: sour cream, sliced avocado, salsa verde, fresh cilantro

Equipment

- Large mixing bowl
- Baking sheet
- Parchment paper or silicone baking mat

- Non-stick skillet (if pan-frying)
- Spatula
- Toothpicks (optional, for securing)

Instructions

Step 1: Prepare the Filling (Intensity: Low | Time: 5 minutes)

In a large mixing bowl, combine the softened cream cheese, shredded Monterey Jack cheese, diced green chiles, cilantro, cumin, garlic powder, onion powder, smoked paprika, salt, pepper, and lime juice. Mix until well combined.

Add the shredded chicken and stir until the chicken is evenly coated with the creamy spice mixture. Set aside.

Tip: For a smoother filling, you can pulse the mixture briefly in a food processor, but a rustic texture is traditional.

Step 2: Create the Cheese Shells (Intensity: Medium | Time: 10-15 minutes)

Oven Method (Recommended for even cooking):

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone mat.
2. Spoon about 2 tablespoons of shredded mozzarella (and a pinch of Parmesan, if using)

onto the prepared sheet. Spread it into a thin, even circle, roughly 4-5 inches in diameter.

3. Bake for 5-7 minutes, or until the cheese is melted, bubbly, and the edges are golden brown. Watch closely to prevent burning.

4. Remove from the oven and let cool for 30-60 seconds—just until you can handle it but it’s still pliable. Do not let it cool completely or it will become brittle.

Skillet Method (Faster, but requires more attention):

1. Heat a non-stick skillet over medium heat.

2. Sprinkle a thin layer of mozzarella cheese into the skillet, forming a circle about 4-5 inches wide.

3. Cook for 1-2 minutes until the cheese melts and the bottom is golden and crispy. Use a spatula to carefully lift the cheese shell onto a plate.

Step 3: Assemble the Taquitos (Intensity: Medium | Time: 5 minutes)

1. While the cheese shell is still warm and pliable, place about 2-3 tablespoons of the chicken filling along one edge of the circle.

2. Carefully roll the cheese shell tightly around the filling, starting from the edge with the filling. The cheese should stick to itself as it cools.

3. If needed, secure with a toothpick. Place the rolled taquito seam-side down on a baking sheet or plate. Repeat with the remaining cheese and filling.

Note: Work in batches. If the cheese shell hardens before you can roll it, return it to the oven or skillet for a few seconds to soften.

Step 4: Cook the Taquitos (Intensity: Medium-High | Time: 10 minutes)

Baking Method (Healthier, hands-off):

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly grease with cooking spray.

2. Arrange the rolled taquitos seam-side down on the baking sheet. Spray the tops lightly with cooking spray.

3. Bake for 10-12 minutes, flipping halfway through, until golden brown and crispy.

Pan-Frying Method (Extra crispy):

1. Heat 2 tablespoons of avocado oil in a large skillet over medium-high heat.

2. Carefully place the taquitos seam-side down in the hot oil. Fry for 1-2 minutes per side, until golden and crispy.

3. Transfer to a paper towel-lined plate to drain excess oil.

Step 5: Serve and Garnish (Intensity: Low | Time: 2 minutes)

Remove toothpicks if used. Serve immediately with your favorite keto-friendly toppings: a dollop of sour cream, sliced avocado, a drizzle of salsa verde, and a sprinkle of fresh cilantro.

Tips for Success

- Cheese Consistency: Use low-moisture mozzarella. Fresh mozzarella contains too much water and will not crisp properly.

- Pliable Shells: The key to rolling without cracking is working with the cheese while it’s still warm. If it cools too much, it will break. Keep the filling nearby for quick assembly.

- Filling Moisture: Ensure your chicken is well-drained. Excess liquid can make the cheese shells soggy.

- Make-Ahead: You can prepare the filling up to 2 days in advance. Assemble and cook the taquitos fresh for the best texture.

- Freezer-Friendly: These taquitos freeze beautifully. Arrange cooked taquitos in a single layer on a baking sheet, freeze until solid, then transfer to a zip-top bag. Reheat in the oven at 350°F (175°C) for 10-15 minutes until crispy.

Nutrition Information (Per Serving – 2 Taquitos)

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients and brands used.

- Calories: 420 kcal
- Total Fat: 28g
- Saturated Fat: 14g
- Cholesterol: 110mg
- Sodium: 780mg
- Total Carbohydrates: 5g
- Dietary Fiber: 0.5g
- Total Sugars: 2g
- Net Carbs: 4.5g
- Protein: 38g