

# Flavorful Flautas



## main meals

Was **POINTS®** Value: 12

Now **POINTS®** Value: 8

Servings: 4

Preparation Time: 10 min

Cooking Time: 25 min

Level of Difficulty: Easy

Flautas can easily use up a half a day's calorie intake. We used lean ground turkey and baked the dish instead of frying it for a delicious, healthier alternative.

## Ingredients

- 1 spray(s) olive oil cooking spray
- 1 pound(s) lean ground turkey
- 1 1/4 oz Old El Paso Taco Seasoning Mix, or other brand
- 1/2 cup(s) water
- 4 medium flour tortilla(s), whole-wheat
- 1 cup(s) salsa
- 1 medium avocado, thinly sliced

## Instructions

Preheat oven to 400°F. Coat a shallow baking pan with cooking spray.

Set a large nonstick skillet over medium-high heat and preheat. Add turkey and cook until cooked through, about 6 to 8 minutes, breaking up the meat as it cooks. Add seasoning packet and stir to coat. Add water and simmer until liquid is absorbed, about 2 minutes.

Spoon 1/4 of turkey mixture onto center of each tortilla; roll up tortillas tightly and tuck in ends.

Place flautas in prepared pan and spray with cooking spray. Bake until golden brown, about 15 minutes. Top flautas with salsa and avocado slices just before serving.

## Chef Tips

### We renovated Flavorful Flautas by:

Using lean ground turkey instead of shredded beef.  
Baking instead of deep-frying.

© 2009 Weight Watchers International, Inc. © 2009 WeightWatchers.com, Inc. All rights reserved.

WEIGHT WATCHERS and **POINTS** are the registered trademarks of Weight Watchers International, Inc. and are used under license by WeightWatchers.com, Inc.