

Veggie Potato Flautas with Avocado Crema

Adapted from: <https://dorastable.com/mashed-potato-poblano-flautas/>

Serves: 6 Prep time: 10 minutes

Cook time: 20-30 minutes

FLAUTAS:

- 12 corn tortillas
- Nonstick cooking spray
- 1 tbsp olive oil
- 2 garlic clove, minced
- 1 white onion, diced
- 1 can sweet corn
- 1 can black beans
- 3 medium yellow potatoes or 6 small
- 1 tbsp cumin
- 1 4-ounce canned green chiles
- Lettuce, chopped
- Tomatoes, chopped
- Salt & Pepper, to taste

AVOCADO CREMA:

- 2 avocados
- 1 cup cilantro leaves
- 2 garlic cloves
- juice of 2 limes
- 1 tbsp olive oil
- Salt & pepper, to taste

MATERIALS NEEDED:

- Knife
- Cutting Board
- Can Opener
- Large Pot (with lid)
- Measuring Spoons
- Spatula
- Pan
- Blender



INSTRUCTIONS:

1. Boil potatoes until cooked (15-20 minutes), then mash well. Some visible chunks are fine.
2. Saute onions, garlic, cumin, salt, and pepper 5-7 minutes, or until soft and onions translucent.
3. Add the corn and black beans and saute for an additional 1-2 minutes.
4. In a bowl mix together cooked veggies, mashed potatoes, and green chiles.
5. To assemble flautas, place 2-3 tbsp of veggie filling in each tortilla and roll tightly.
6. Heat a pan and cooking spray, and cook flautas until crispy on all sides.
7. For the avocado crema, blend together avocados, cilantro, garlic, lime, olive oil, salt, and pepper.
8. Serve flautas topped with lettuce, tomatoes, and avocado crema.