

Avocado Black Bean Taquitos

April 2026 Recipe

Makes: 5 servings



Ingredients

- 1 ripe, fresh avocado (halved, pitted, peeled and mashed)
- ½ cup low-sodium 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 jalapeno (seeded and minced)
- 1 Tbsp. onion (minced)
- 1 Tbsp. fresh lime juice
- 2 Tbsp. fresh cilantro leaves (chopped)
- ½ cup plain nonfat Greek yogurt

Nutritional information for 1 serving

Calories	181
Total fat	6 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	300 mg
Carbohydrate	27 g
Dietary fiber	7 g
Total sugars	13 g
Added sugars included	0 g
Protein	7 g

Directions

1. Using a fork, mash the avocado and black beans together in a bowl. Stir in the cumin, garlic powder and salt.
2. Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos.
3. Place taquitos into the air fryer at 400 F for 5 minutes. When the timer goes off, flip and put back into the air fryer for 5 more minutes. Depending on the air fryer, you may need to decrease the time to 3 to 4 minutes per side.
4. While the taquitos are cooking, combine the cherry tomatoes, bell peppers, jalapeno, onion, cilantro and lime juice in a small bowl to make fresh pico de gallo.
5. Once the taquitos are golden brown and crispy, remove from the air fryer and top with fresh pico de gallo and Greek yogurt.

Source: MyPlate

© 2026 Zywave, Inc. All rights reserved.