

## Baked Chicken Flautas with Big Crunch and Zero Deep Frying

Crispy Baked Chicken Flautas (Clean Schema Markdown)



**OVEN**  
**425°F**

**TIME**  
**20 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

Shredded cooked chicken (rotisserie is ideal)  
Shredded cheese (Mexican blend, cheddar, Monterey Jack, or pepper jack)  
Tortillas (flour or corn-see notes below)  
Onion (finely chopped)  
Garlic (minced)  
Spices: chili powder, cumin, paprika (or taco seasoning in a pinch)  
Salt and black pepper  
Oil or cooking spray (for crisping)  
Lime wedges  
Chopped cilantro  
Salsa, sour cream, guacamole for serving

Swaps and Notes:

Tortillas: Flour tortillas roll easiest and bake super crisp.  
Corn tortillas taste more traditional but need warming first to prevent cracking.  
Chicken: Shredded turkey works great too.  
Cheese: Pepper jack adds heat; Monterey Jack melts like a dream.  
Extra flavor: Add a spoonful of salsa or a few diced green chiles to the filling (just don't over-wet it).  
Spice level: Add cayenne or hot sauce if you want more kick.

#### Step-by-Step Instructions:

Preheat the oven to 425°F and line a baking sheet with parchment (or lightly oil it).

Make the filling: In a bowl, combine shredded chicken, cheese, onion, garlic, and spices. Mix until evenly coated.

Warm tortillas (especially corn): Microwave briefly wrapped in a damp paper towel, or warm in a skillet-this prevents splitting.

Roll the flautas: Add a small line of filling near one edge, roll tightly, and place seam-side down on the baking sheet.

Oil for crunch: Brush lightly with oil or spray the tops generously-this is the secret to that "fried-like" crisp.

Bake: 15-20 minutes, turning once halfway through, until deeply golden and crisp.

Finish and serve: Hit them with a squeeze of lime and sprinkle cilantro if you like. Serve hot with dips.

#### Tips for Success:

Don't overfill. A tight roll crisps better and won't burst open.

Seam-side down matters. It helps the flautas stay sealed while baking.

Use enough oil. You don't need a lot, but you do need some to get that crackly exterior.

Space them out. Crowding traps steam and steals crispiness.

Want extra crunch? Finish for 1-2 minutes under the broiler-watch closely.

#### Serving Suggestions and Pairings:

Party-style meal: Serve alongside [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd for a DIY taco-and-flauta night.](#)

Easy dinner pairing: Add a scoop of [This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit for a hearty, comforting plate.](#)

## DIRECTIONS

1. Preheat the oven to 425°F and line a baking sheet with parchment (or lightly oil it).
2. Make the filling: In a bowl, combine shredded chicken, cheese, onion, garlic, and spices. Mix until evenly coated.
3. Warm tortillas (especially corn): Microwave briefly wrapped in a damp paper towel, or warm in a skillet-this prevents splitting.
4. Roll the flautas: Add a small line of filling near one edge, roll tightly, and place seam-side down on the baking sheet.
5. Oil for crunch: Brush lightly with oil or spray the tops generously-this is the secret to that "fried-like" crisp.
6. Bake: 15-20 minutes, turning once halfway through, until deeply golden and crisp.
7. Finish and serve: Hit them with a squeeze of lime and sprinkle cilantro if you like. Serve hot with dips.
8. Tips for Success: Don't overfill. A tight roll crisps better and won't burst open.
9. Seam-side down matters. It helps the flautas stay sealed while baking.
10. Use enough oil. You don't need a lot, but you do need some to get that crackly exterior.
11. Space them out. Crowding traps steam and steals crispiness.
12. Want extra crunch? Finish for 1-2 minutes under the broiler-watch closely.
13. Serving Suggestions and Pairings: These flautas are the definition of "dip food," so I like to build a little spread:

14. Party-style meal: Serve alongside [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#) for a DIY taco-and-flauta night.
15. Easy dinner pairing: Add a scoop of [This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit](#) for a hearty, comforting plate.
16. Fast crowd feeding: Pair with [These Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd](#) Fast when you're hosting and want options.
17. Dip ideas (hyperlinked):
18. [Salsa roja](#) or [salsa verde](#)
19. [Guacamole](#)
20. [Sour cream with lime + salt](#)
21. Queso-style dip (and if you want a fun appetizer spread, add [This Beer Cheese Dip Is My Favorite Party Starter That Disappears in Minutes](#) on the table too-unexpected, but wildly good with crunchy dippers.)
22. Nutritional Information (per serving): Estimate (will vary by tortilla size, cheese amount, and oil used):
23. Calories: 320-420
24. Protein: 18-28g
25. Carbs: 22-35g

## SWAPS & NOTES

Corn tortillas taste more traditional but need warming first to prevent cracking.

Chicken: Shredded turkey works great too.

Cheese: Pepper jack adds heat; Monterey Jack melts like a dream.

Extra flavor: Add a spoonful of salsa or a few diced green chiles to the filling (just don't over-wet it).

## TIPS FOR SUCCESS

A tight roll crisps better and won't burst open.

It helps the flautas stay sealed while baking.

You don't need a lot, but you do need some to get that crackly exterior.

Crowding traps steam and steals crispiness.

