

CHICKEN AND CHEESE ENCHILADAS



Makes 8 servings

Serving Size: 1 enchilada

Ingredients

- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 1½ cups leftover chicken or turkey, cooked and shredded
- 1 (13-ounce) jar salsa, divided
- 1 package (3-ounce) 1/3 less fat cream cheese, cubed
- 1 teaspoon ground cumin
- 8 whole-wheat flour tortillas (6-inch)
- 2 cups (8 ounces) extra-sharp, low-fat, cheddar cheese, shredded and divided
- Non-stick cooking spray

Directions

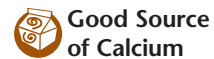
1. Preheat oven to 350° F (unless you choose to use the microwave). Lightly spray baking dish.
2. Cook onion in vegetable oil in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in 12 x 7 inch baking dish. Top with remaining salsa and cheese. Be sure to completely cover enchiladas with salsa and cheese.
7. Bake at 350° F for 15 minutes or microwave 3 to 5 minutes or until heated through.



Eat Smart

Nutrition information Per Serving

211 calories		Protein	17 g
Total Fat	7 g	Total Carbohydrate	20 g
Saturated Fat	2.5 g	Dietary Fiber	2 g
		Sodium	380 g



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