

EASY & HEALTHY CHICKEN ENCHILADAS



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Ingredients

Yield: 6

- 4-6 oz of 2% or fat free cream cheese
- ½ c to 1 c salsa
- 1 1/2 c chopped cooked chicken breast meat
- ½ c pinto beans, drained
- 6 (6 inch) whole wheat tortillas
- ½ c-1 c shredded 2% Mexican blend cheese
- 1 small cans red enchilada sauce

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a small saucepan over medium heat, combine the cream cheese and salsa. Cook, stirring until melted and well blended.
3. Stir in chicken and pinto beans. Fill tortillas with the mixture, roll and place into the prepared baking dish. Spread cheese over the top. Cover with aluminum foil.
4. Bake for 30 minutes, or until heated through. Garnish with your favorite toppings such as lettuce and tomatoes, or sour cream.
5. Heat red sauce on side to be drizzled over if desired.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	274	4.8 g	26.3 g	34 g	1100 mg

Carbohydrate Exchanges: 2