

Chicken Enchiladas

Makes 8 servings

Ingredients:

- 1 medium onion, chopped
- 1 Tablespoon margarine
- 1½ cups shredded cooked chicken or turkey
- 1 jar (12 ounces) salsa, divided
- 1 package (3 ounces) low-fat or fat-free cream cheese, cubed
- 1 teaspoon ground cumin
- 8 flour tortillas (6 inch)
- 2 cups (8 ounces) shredded low-fat sharp cheddar cheese, divided

Directions:

1. Preheat oven to 350°F.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, ¼ cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in ½ of the grated 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.
7. Bake at 350°F for 15 minutes or microwave 3 to 5 minutes.

Nutritional Facts: each enchilada: 363 calories, 18 g fat, 5 g saturated fat, 54 mg cholesterol, 837 mg sodium, 25 g carbohydrate, 27 g protein, 1 g fiber.