

Quick Loaded Chicken Enchiladas



Save a step and purchase Rotisserie chicken to toss in with the salsa. Follow remaining directions to create this outstanding simple enchilada recipe filled with salsa, touch of cumin and cheese.

MAKES 6 SERVINGS

3 slices center-cut bacon, cut in pieces
1¼ pounds skinless boneless chicken breasts,
cut in cubes
½ teaspoon minced garlic
1½ cups salsa, divided
1 (15-ounce) can black beans, drained and rinsed
1 red bell pepper, seeded and chopped, optional
1 teaspoon ground cumin
Salt and pepper to taste
1 bunch green onions (scallions), chopped
12 (6- to 8-inch) flour tortillas
1½ cups shredded reduced fat Monterey Jack or
Mexican blend cheese

Preheat oven to 350 degrees. In a skillet, cook bacon until crisp. Remove bacon to paper towel to soak any excess grease and discard any grease in skillet. In the same skillet coated with nonstick cooking spray, sauté chicken and garlic until chicken is almost done. Stir in ½ cup salsa, beans, bell pepper, cumin, and salt and pepper to taste. Simmer about

5 minutes, stirring occasionally until chicken is done. Stir in green onions and reserved bacon. Divide chicken bean mixture among 12 tortillas, sprinkle with about 1 tablespoon cheese and roll up placing seam side down in 13×9×2-inch baking dish coated with nonstick cooking spray. Spoon remaining 1 cup salsa evenly over enchiladas and sprinkle with remaining cheese. Bake for 15 minutes or until thoroughly heated and cheese is melted.

Nutrition information per serving

Calories 464, Protein (g) 39, Carbohydrate (g) 53, Fat (g) 8, Calories from Fat (%) 16, Saturated Fat (g) 4, Dietary Fiber (g) 7, Cholesterol (mg) 73, Sodium (mg) 1282, Diabetic Exchanges: 4 lean meat, 3 starch, 1.5 vegetable

HIGH CALORIE
HIGH PROTEIN

DOC'S NOTES:

Chicken provides protein, vitamins B6, B12 and niacin and phosphorus.