

# Enticing Enchiladas

These tasty, stuffed tortillas are full of protein and fiber for a very satisfying dinner. The veggies and sauce add lots of Vitamins A and C for healthy eyes and immunity!

Serves 6

## Ingredients



### Filling

- Cooking spray
- 3 boneless, skinless chicken breasts, baked and diced
- 1 can low-sodium pinto beans, rinsed and drained
- 1½ cups bell pepper, any color, diced
- 1 small sweet onion, diced
- 2 cups spinach, chopped
- 2 cups low-fat shredded cheese, divided
- 6 whole wheat flour tortillas, 8-inch

### Sauce

- 1 tablespoon all-purpose flour
- 1 tablespoon chili powder
- 1 tablespoon canola oil
- 1½ cups water
- ½ teaspoon garlic powder
- ½ teaspoon onion salt
- ¼ teaspoon cumin
- 3 ounces low-sodium tomato paste
- 6 ounces low-sodium tomato sauce

## Nutrition Facts

Serving Size 1 Enchilada  
Servings Per Recipe 6

Amount Per Serving

**Calories** 390    **Calories from Fat** 90

	% Daily Value*
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 710mg	<b>30%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 7g	

**Protein** 31g

Vitamin A 30%    •    Vitamin C 60%

Calcium 25%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

## Directions

1. Pre-heat oven to 350 degrees.
2. Place chicken breasts in a small greased baking dish and bake for 30 minutes.
3. While chicken bakes, mix flour, chili powder and oil in a saucepan over medium heat. Cook for 2-3 minutes, stirring constantly. Mix will be clumpy.
4. Add the remaining sauce ingredients and stir with a whisk, while bringing to a simmer, then reduce heat to low and cook for 15-20 minutes.
5. When chicken is finished cooking, dice and mix in a bowl with the chopped veggies, beans and 1 cup of cheese.
6. Divide mixture evenly between the 6 tortillas, roll tightly and place side-by-side in a greased 9x13 baking dish.
7. Pour sauce over rolled enchiladas, sprinkle remaining cheese over top. Bake for 30 minutes, until hot and bubbly.
8. Garnish with sour cream (or plain Greek yogurt), salsa, and/or sliced avocado.

