



Cook WITH ME!

Chicken and Cheese Enchiladas

INGREDIENTS

- Non-stick cooking spray
- 1 medium onion, chopped
- 1 tablespoon margarine
- 1 ½ cups chicken or turkey, cooked and shredded
- 1 ½ cups salsa
- 1 (8-ounce) package of reduced-fat cream cheese – will use 3 ounces
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) of reduced-fat cheddar cheese, shredded

EQUIPMENT

- Cutting board
- Chef's knife
- Large skillet
- Stove or hot plate
- Skillet-safe spoon or spatula
- Measuring cups (1/4, 1/3, 1/2, 1 cup)
- Measuring spoons (1 teaspoon, 1 tablespoon)
- Baking dish (such as a 9 x 13-inch glass baking dish)
- Oven or microwave