


Chicken and Cheese Enchiladas



Makes 8 servings | Serving Size: 1 enchilada

165°F Precook raw chicken to an internal temperature of 165°F.

 **Hint:** Try Fresh-Made Salsa from *Cooking with EFNEP*.

Ingredients

- Non-stick cooking spray
- 1 medium onion, chopped
- 1 tablespoon margarine
- 1½ cups chicken or turkey, cooked and shredded
- 1½ cups Fresh-Made Salsa (page 13 of *Cooking with EFNEP*), divided
- 1 (8-ounce) package of reduced-fat cream cheese. Use 3 ounces.
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) of reduced-fat cheddar cheese, shredded and divided

Directions

1. Preheat oven to 350°F. Lightly spray baking dish with non-stick cooking spray.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese, and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of the shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in a 9 x 13-inch baking dish. Top with remaining salsa and cheese.
7. Bake at 350°F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving

211 calories		Protein	17 g
Total Fat	7 g	Total Carbohydrate	19 g
Saturated Fat	2.5 g	Dietary Fiber	2 g
		Sodium	350 mg



Make a Play for It

Go to the park or playground with your family and take a Frisbee or a ball. Once in the park, you may see other activities that encourage you and your family to have fun and move more. Make a commitment to go to the park or playground once this week with your family.