

Chicken and Spinach Enchiladas

Based on Expanded Food and Nutrition recipe

Ingredients

Non-stick cooking spray

1 medium chopped onion

1 tablespoon margarine

1 ½ cups chicken, cooked and shredded (canned, fresh or frozen/thawed)

2 cups spinach leaves torn in half (optional)

1 ½ cups salsa

3 ounces reduced-fat cream cheese

1 teaspoon ground cumin

8 flour tortillas (6-inch) or whole wheat

2 cups (8 ounces) reduced fat shredded cheddar cheese, divided or use less of regular cheese

Garlic powder to taste (optional)

Directions:

Preheat oven to 350 F. Lightly spray baking dish with non-stick cooking spray.

Cook and stir onion in margarine in large skillet until tender.

Stir in chicken, spinach, ¼ cup salsa, cream cheese and cumin. Cook until thoroughly heated.

Stir in half of cheese.

Spoon about 1/3 cup chicken mixture in center of each tortilla: roll up.

Place seam down in 9 X 13 baking dish. Top with salsa and cheese.

Bake at 350 F for 15 minutes or microwave 3 to 5 minutes or until heated through.

