

**SPENDSMART
EATSMART**

CHEESY CHICKEN ENCHILADA BAKE

Serves: 8 | Serving Size: 1 Enchilada | Per Serving: \$.79

INGREDIENTS

- 1 pound boneless, skinless chicken breast (about 2 cups)
- ½ cup water
- 1 tablespoon chili powder
- 1 can (15-ounce) low sodium black beans, rinsed and drained
- 1 cup frozen corn
- 1 cup salsa
- 8 whole wheat tortillas
- Cooking spray
- ½ cup 2%-fat shredded cheddar cheese

INSTRUCTIONS

1. Cut chicken breast into 4-5 chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165° F (about 10 minutes).
2. Remove chicken from pan. Cut or shred into small chunks and return to pan. Add beans, corn, and salsa to saucepan. Cook until hot, about 2 minutes. Remove from heat.
3. Spread 1/2 cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in greased 9×13 pan.
4. Spread any leftover chicken mixture over the top of the enchiladas.
5. Bake at 375° F for 12-15 minutes.
6. Sprinkle cheese on top of the enchiladas during the last 5 minutes of cooking.
7. Serve immediately.

COOKING TIPS

- Wash hands with soap before and after working with raw chicken.
- Divide the enchiladas into 2 pans. Wrap and freeze half of them for another meal. Or, cook them all and freeze individual enchiladas for lunches.
- Prepare ahead by doing steps 1 and 2 the day before you plan to serve. Cover and refrigerate overnight. Assemble, cook, and serve.
- [Learn how to prepare dry beans.](#)

Nutrition Facts

Serving Size 1 Enchilada
Servings Per Container 8

Amount Per Serving

Calories 310 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 510mg **21%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **24%**

Sugars 2g

Protein 22g

Vitamin A 10% • Vitamin C 8%

Calcium 15% • Iron 15%

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