

# Chicken Enchiladas

## Ingredients

- 8-5/8 ozs shredded chicken
- 1-1/3 cups mozzarella cheese, low fat
- 1/3 cup canned black beans, low sodium
- 3/8 tsp chicken base, low sodium
- 1/2 tsp garlic powder
- 1/4 tsp cumin
- 8 whole wheat 6" tortillas
- 1 cup red enchilada sauce, mild

## Notes

**Number of Portions:** 4

**Serving Size:** 2 each

**Nutrition Facts:** 431 calories, 17.74 g fat, 9.7 g saturated fat, 1030 mg sodium, 37.92 g carbohydrate, 5.48 g fiber, 2.2 g sugar, 29.25 g protein

## Directions

1. In a large bowl, mix together chicken, cheese, beans, chicken stock, and seasonings.

Scoop 2 oz of mixture onto each tortilla and roll the tortilla into a tube shape.

3. Place enchiladas into 2 inch hotel pan(s) or baking sheets and cover with enchilada sauce.

4. Cover each pan with foil and bake at 350° F for 20 minutes or until the internal temperature reaches 165° F.

Optional- garnish with cheese and let melt in the oven