



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Chicken Enchiladas

Ingredients

3 boneless, skinless chicken breasts with visible fat removed
2 green bell peppers, cut into strips
½ large onion, sliced
1 tbs olive oil
1.5 (10 oz) cans enchilada sauce
1.5 cups reduced fat Mexican Blend shredded cheese
16 6" corn tortillas

Directions

1. Preheat oven to 350°.
2. Bake chicken for 20 minutes (or until done).
3. While chicken is cooking, sauté onion and pepper in olive oil.
4. Cut chicken into strips.
5. In a bowl, combine ½ can enchilada sauce, chicken, onion, pepper, and ½ cup cheese.
6. Place a spoonful of chicken mixture into center of a corn tortilla and wrap. Place in a 9 x 13 inch baking dish.
7. Repeat with remaining mixture and corn tortillas.
8. Top with 1 can enchilada sauce and remaining cheese.
9. Bake at 350° for 10 minutes or until cheese melts.

Nutrition Information Makes 8 servings (2 enchiladas)

Per serving:

Calories: 350
Fat: 16g
Carbohydrate: 34g
Protein 19g
Fiber: 3g
Sodium: 260mg



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