

CHICKEN ENCHILADAS

Prep Time: 10 minutes

Cook Time: 30 minutes

Included in Box:

- 2 (5 oz) cans chicken, drained
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 (15 oz) can no salt black beans, drained and rinsed

Additional Ingredients Needed:

- 8, 6" soft yellow corn tortillas
- 1 small onion (~½ c.), diced
- ¼ c. shredded cheese
- 1 T garlic powder
- ½ tsp ground cumin

Directions:

1. Preheat oven to 350 degrees F.
2. Combine diced tomatoes, onion, cumin and garlic powder in a small bowl; stir to mix. Place half the mixture at the bottom of a baking dish.
3. Evenly fill tortillas with chicken, black beans and shredded cheese. Gently roll up and place seam side down.
4. Cover enchiladas with remaining mix. Cover baking dish and bake for 25-30 minutes.

Tip: Add lettuce, avocado or lime juice for extra flavor!



Nutrition Facts*

Total Servings: 4
Serving Size: 2 enchiladas
Calories: 311
Fat: 5 g
Sodium: 555 mg
Carbohydrates: 43 g
Fiber: 12 g
Protein: 27 g
Carbohydrate Servings: 3

**Nutrient facts include canned no salt added diced tomatoes, canned premium chunk chicken breast in water and drained, canned 50% less sodium black beans, 6" yellow corn tortillas, Kraft finely shredded four cheese Mexican blend, small white onion, and spices.*