

TURKEY/CHICKEN ENCHILATAS

INGREDIENTS:

OVEN TEMP. 350 DEGREES

MAKES ABOUT 8-10 ENCHILATAS

½ CUP CHOPPED ONION

NONSTICK SPRAY

½ OF AN 8 oz. PACKAGE LIGHT OR FAT FREE CREAM CHEESE*

1 TABLESPOON WATER

¾ TSP. CHILI POWDER

4 CUPS COOKED, CUBED TURKEY OR CHICKEN

12 – 6 INCH (OR 8 INCH) FLOUR TORTILLAS (NOT FAT FREE)

1 CAN CAMPBELLS 98% FAT FREE CREAM OF CHICKEN SOUP*

1 8 oz. CONTAINER LIGHT OR FAT FREE SOUR CREAM*

1 CUP SKIM MILK*

½ CUP REDUCED FAT TACO CHEESE OR SHARP CHEDDAR CHEESE*

USING A LARGE DEEP POT. SPRAY POT WITH NONSTICK SPRAY AND SAUTE ONION, ADDING THE 1 TABLESPOON OF WATER SO IT WON'T BURN. ADD THE SOUP, SOUR CREAM, CHILI POWDER, ½ BAR OF CREAM CHEESE (CUT UP INTO 4 CHUNKS) AND SKIM MILK. USING A WIRE WHISK TO STIR OUT ANY LUMPS – COOKING OVER MEDIUM HEAT. ADD COOKED MEAT LAST AND TURN DOWN TO LOW FOR 5 MINS.

USE A CAKE PAN OR TWO. SPRAY WITH NONSTICK SPRAY TO PUT THE ROLL UPS IN. USING A SLOTTED SPOON PUT 1-1 ½ SPOON FULLS OF CHICKEN MIXTURE TOWARD ONE END OF THE TORTILLA AND WITH THE CHICKEN MIXTURE END TOWARD YOUR BODY ROLL ONCE AWAY FROM YOUR BODY AND FOLD THE RIGHT SIDE OVER AND THE LEFT SIDE OVER AND CONTINUE TO ROLL UNTIL THE END. PLACE DOWN IN PAN. CONTINUE UNTIL YOU RUN OUT OF TORTILLAS OR CHICKEN. THEN USING A REGULAR SPOON, SPREAD THE SOUP MIXTURE OVER ALL THE TORTILLAS USING IT ALL UP. SPRINKLE THE TACO CHEESE ON LAST AND BAKE FOR 10-15 MINS. OR UNTIL CHEESE MELTS.

*USE THE SAME DIRECTIONS FOR NON FAT/REDUCED FAT ITEMS.

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