

Chicken and Black Bean Enchiladas

Serves: 4

Ingredients

Cooking spray	4 (9-inch) whole wheat tortillas
1 cup canned black beans, rinsed and drained	12 oz. boneless, skinless chicken breast, cooked and shredded
2 tsp chili powder	½ cup shredded reduced-fat Monterey Jack cheese
1 tsp ground cumin	½ cup chopped scallions
1 jalapeno, seeded and minced (optional)	
½ cup salsa of your choice	

Directions:

Preheat the oven to 400 degrees. Coat a shallow baking pan with cooking spray and set aside.

In large bowl, combine the beans, chili powder, cumin, jalapeno and ¼ cup of the salsa. Mash the ingredients with a fork until blended.

Spoon mixture onto the center of each tortilla.

Divide the chicken evenly among the 4 tortillas and place over the bean mixture. Roll each tortilla, fold in the ends and place side-by-side in the bottom of prepared pan. Top each rolled tortilla with the remaining salsa, cheese and scallions.

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Per Serving: 390 Calories, 9 g total fat (2 g saturated fat), 35 g carbohydrate, 38 g protein, 6 g dietary fiber, 510 mg sodium.