

Vegetable Chicken Enchiladas

Serves: 4

Ingredients

Nonstick cooking spray	1 ½ cups red enchilada sauce
1 large onion, peeled and chopped	1 (8 oz.) can no salt added tomato sauce
1 green bell pepper, seeded and chopped	8 (6-inch) corn tortillas
1 large zucchini, chopped	¾ cup shredded reduced fat Monterey Jack cheese
1 cup cooked, chopped chicken breast	

Preheat oven to 375 degrees.

Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.

Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add ½ cup to vegetable and chicken mixture.

Soften tortillas on the stovetop or in the microwave oven. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13x9-inch baking pan.

Pour any remaining sauce on top.

Cover loosely with foil and bake for 20-25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more.

Per serving: 308 calories, 7 g total fat (3 g saturated fat), 41 mg cholesterol, 21 g protein