

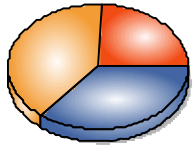


Baked Chimichanga w/Mexican Rice

By: Created by DrJez LLC

Recipe grams: 1698.20g/59.9oz

Serves 4 424.55g/15.0oz per serving



Protein: 23%
Carbohydrates: 62%
Fat: 14%

INGREDIENTS

4 tortillas Tortilla, Low Carb Burrito Size
1 medium ONION, RAW
3 cloves GARLIC, RAW
1 cup CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
1/2 cup REFRIED BEANS, BLACK, LOWFAT, VEGETARIAN
1 tbsp CHILI POWDER
1 tsp CUMIN, GROUND
1 tsp CINNAMON, GROUND
1 cup WHITE RICE, LONG GRAIN, DRY
1/2 cup PICANTE SAUCE
1/4 cup CHEDDAR CHEESE, SHARP, SHREDDED, REDUCED FAT
1/4 cup CHEDDAR CHEESE, SHARP, SHREDDED, REDUCED FAT
1 1/2 cup PICANTE SAUCE
2 wholes TOMATO, RED, RIPE, RAW
1 medium RED PEPPER, SWEET, RAW

DIRECTIONS

Preheat oven to 450F

Cook rice as directed. Set aside.

Chop tomato, green pepper and garlic.

In a saucepan coated with cooking spray, saute onion and green bell pepper until softened. Add garlic and saute 1 min. Remove half of mixture and add to rice. Add cooked chicken breast, shredded, chili powder, cumin and cinnamon. Saute for 1 min. Add 1 cup of picante and heat through. Remove from heat.

Lay a tortilla on a flat surface. Down the middle, spoon 2 Tbsp of refried beans, followed by 1/4 of heated mixture. Sprinkle with 1/4 of sharp cheddar cheese. Wrap tortilla, folding in sides to contain ingredients. I recommend securing roll with a piece of twine. Repeat with remaining tortillas and materials.

Place rolls on a baking sheet coated with cooking spray. Coat lightly with cooking spray and bake 20-25 minutes or until golden.

While rolls are baking, add picante sauce to rice and heat through.

Remove rolls from oven when done and lay on a plate with a bed of rice and a side salad.

Warm remaining picante and spoon over chimichangas and sprinkle with cheese.

Top with fat free sour cream and olives if desired.

Serve with a green salad.

Nutrition Facts

Serving Size: 1 serving (424.5g)
Servings: 1

Amount Per Serving

Calories 400 Calories from Fat 70

% Daily Value*

Total Fat 8g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **15%**

Sodium 1440mg **60%**

Total Carbohydrate 80g **25%**

Dietary Fiber 18g **70%**

Sugars 14g

Protein 30g

Vitamin A 60% • Vitamin C 110%

Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.