

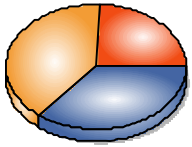


Cheese Enchiladas

By: Created by DrJez LLC

Recipe grams: 1693.36g/59.7oz

Serves 4 423.34g/14.9oz per serving



Protein: 29%
Carbohydrates: 53%
Fat: 18%

INGREDIENTS

2 cups TACO SAUCE, EXTRA CHUNKY
2 oz CHEDDAR CHEESE, SHARP, SHREDDED, REDUCED FAT
2 oz COLBY & MONTEREY JACK CHEESE, SHREDDED, REDUCED FAT
2 oz CREAM CHEESE, SOFT, NONFAT, W/GARDEN VEGETABLES
4 tbsp GREEN CHILES, CANNED, DICED
1 large ONION, SPRING OR SCALLIONS, RAW
1 tbsp CHILI POWDER
1 tsp CUMIN, GROUND
8 enchiladas TORTILLA, CORN, RTC
2 cups REFRIED BEAN, NONFAT
1 medium GREEN PEPPER, SWEET, RAW (BELL)
4 oz CHEDDAR CHEESE, SHREDDED, NONFAT
1/2 cup CORN, GOLDEN, WHOLE KERNEL

DIRECTIONS

Prepare the filling by combining all the cheeses in a bowl.

Prepare the sauce by heating chopped onions in a pot sprayed with cooking spray until soft. Add chopped green pepper, chile peppers, seasonings, chopped tomatoes and as many other chopped vegetables that you like such as shredded carrot, corn, etc. Combine with the Taco Sauce.

Layer the bottom of a baking pan with a thin layer of sauce.

To soften and seal the tortillas, spray LIGHTLY with a thin spray of olive oil cooking spray or butter-flavored spray if you choose. Place in a hot skillet and flip 5 or 6 times until soft and pliable. Fill with 1/8 of filling and place in the prepared pan. Repeat with the remaining tortillas. Top with remaining sauce and sprinkle with a small amount of sharp cheddar.

Bake in a 375°F oven for 15-30 minutes or until bubbly..

Serve with 1/2 cup refried beans and a side salad.

NOTE: If you like, use Mama Lupes Low Carb tortillas for more protein, fiber and less fat as they do not need to be sprayed and sealed, only warmed and filled!

Nutrition Facts

Serving Size: 1 serving (423.3g)
Servings: 1

Amount Per Serving

Calories 400 Calories from Fat 70

% Daily Value*

Total Fat 8g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 1940mg 80%

Total Carbohydrate 56g 20%

Dietary Fiber 11g 45%

Sugars 5g

Protein 30g

Vitamin A 35%

• Vitamin C 45%

Calcium 90%

• Iron 15%

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