

TURKEY BEAN ENCHILADAS

Ingredients

- 6 medium scallions, white and green parts chopped
- 2 cups cooked skinless, white turkey meat, cubed (about 16 oz raw)
- 15 oz canned pinto beans, drained and rinsed
- 1 cup canned enchilada sauce or taco sauce, divided
- 4 medium-sized fat-free or low-carb tortillas (corn tortillas are also a good choice as they are around 50 calories each)
- ½ cup shredded reduced fat Mexican cheese

Directions

1. Preheat oven to 350 degrees.
2. Combine scallions, turkey, beans, and ½ cup enchilada or taco sauce.
3. Fill each tortilla with ¼ of turkey-bean mixture. Fold in sides, top and bottom of tortilla to completely enclose filling.
4. Place tortillas seam side down in a 9x13 inch baking dish. Pour remaining ½ cup of sauce over top of enchiladas and top with cheese. Cover pan and bake until heated through and cheese is hot and bubbly (about 20 minutes)
5. Garnish with cilantro

Yields: 4 servings

Calories: 175

Fat: 3 g

Protein: 14 g

Carb: 19 g

Beans provide an excellent source of fiber in this recipe



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