

## **Layered Enchiladas**

1-pound boneless, skinless chicken breasts, chopped

1 small green bell pepper, chopped

1 small onion, chopped

3 cups cooked brown rice

1 can low-sodium, low-fat refried beans

1 cup shredded reduced-fat cheese (divided in half)

8 whole wheat tortillas (soft taco size)

1 (10 oz.) can red enchilada sauce

Preheat oven to 375 degrees. In a large skillet, cook the chopped chicken, diced onion and pepper on medium heat. Cook, stirring occasionally, until the chicken is cooked through and the onions and peppers are softened. Drain any liquid from the pan if necessary. Remove from heat. Stir cooked rice, beans and half the cheese into the chicken mixture until fully mixed.

Slice tortillas into quarters. Spray a 9x13-inch baking dish with non-stick cooking spray. Cover the bottom of the baking dish with half of the tortilla strips.

Spread the rice mixture over the tortillas. Cover with remaining tortilla strips. Pour enchilada sauce over tortillas, and sprinkle remaining cheese on top. Bake for 30-40 minutes until hot.

Serve with a dollop of plain Greek yogurt and Pico De Gallo or lettuce and tomatoes. Yield: 12 servings

Nutrition information per serving: 240 calories, 7g fat, 19g protein, 24g carbohydrate, 4g fiber, 260mg sodium