

Chicken and Cheese Enchiladas

Ingredients:

- Non-stick cooking spray
- 1 medium onion, chopped
- 1 tablespoon
- 1 ½ cups chicken or turkey, cooked and shredded
- 1 ½ cups salsa
- 1 (8 ounce) package of reduced-fat cream cheese, use 3 ounces
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) of reduced-fat cheddar cheese, shredded and divided

Directions:

Preheat the oven to 350°F. Lightly spray baking dish with non-stick cooking spray. Cook and stir onion and margarine in a large skillet until tender. Stir in chicken, ¼ cup salsa, cream cheese, and cumin. Cook until thoroughly heated. Stir in ½ of the shredded cheese. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up. Place seam side down in a 9x13-inch baking dish. Top with remaining salsa and cheese. Bake for 15 minutes or microwave 3-5 minutes or until heated through.

