

15-Minute Enchiladas

Makes: 8 Servings

This is quick to make. When you need a main dish right away, try this enchilada recipe.

Ingredients

nonstick cooking spray

3 cups chili without beans (1 can, about 24 ounces)

1 1/2 cups canned refried beans, low-sodium, non-fat

2 cups low-fat Cheddar or Monterey jack cheese (shredded)

8 flour tortillas, large size

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Recipe adapted from Food.com

Nutrition Information

Nutrients	Amount
Calories	310
Total Fat	17 g
Saturated Fat	6 g
Cholesterol	55 mg
Sodium	500 mg
Total Carbohydrate	23 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	55 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available