

Chicken & Black Bean Enchiladas

Servings: 2

From Coupon Kitchen

Ingredients

Cooking spray

1/4 cup chopped onion

1/2 lb ground chicken

1/4 teaspoon ground cumin

1/4 teaspoon dried oregano

1/4 teaspoon chili powder

1/2 teaspoon minced garlic

15 oz can black beans, rinsed and drained

1/4 cup bottled salsa

1/2 cup shredded reduced-fat extra cheese, divided

4 tortillas

5 oz enchilada sauce

Preparation

1) Preheat oven to 350 degrees.

2) Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion and ground chicken. Cook until no longer pink. Stir in cumin, oregano, chili powder, garlic, and beans; cook 2 minutes, stirring mixture frequently.

3) Stir in salsa and cook 1 minute. Remove from heat and 1/4 cup cheddar cheese, stirring until cheese melts.

4) Warm tortillas according to package directions. Spread 1/4 cup enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/4 black bean mixture down center of each tortilla, and roll up. Arrange enchiladas, seam sides down, crosswise in dish. Pour remaining enchilada sauce evenly over enchiladas, and sprinkle with 1/4 cup cheddar.

5) Bake at 350 degrees for 20 minutes or until thoroughly heated.