

## 7 Ways {Enchiladas}

**Enchiladas are a quick and easy weeknight meal, and using the recipes below, they can be healthy, too. Experiment with corn or flour tortillas and different flavors of enchilada sauce and salsa to really make these recipes your own – just remember to add these items to your grocery list!**

1. Saute 1½ cups chopped onion + 2 cups chopped cooked chicken breast + 2 cloves minced garlic + 2 cans green chilies + 1 can diced tomatoes in large pan; simmer until liquid evaporates. In a small saucepan, cook 2 cups 2% milk + 2 Tbsp flour + ¼ tsp salt over med-high heat for 5 minutes, stirring constantly with a whisk. Spoon ½ cup chicken mixture + shredded Swiss cheese down center of 6-8-inch tortillas and roll up. Arrange tortillas in bottom of 13x9-inch prepared baking dish. Pour milk mixture over tortillas and sprinkle with shredded cheese. Bake at 350° for 25 mins or until cheese is bubbly.
2. In large bowl, combine 12 oz chopped deli turkey + 1 can corn + 8 oz light sour cream + ¾ cup shredded red-fat Mexican blend cheese + fresh cilantro. Place ½ cup turkey mixture onto 6-8-inch tortillas and roll up tightly. Arrange in prepared 13x9 inch baking dish, seam side down. In small bowl, mix 10 oz enchilada sauce + 1 cup salsa, pour over tortillas to cover and top with ¾ cup cheese. Bake at 400° 15-20 minutes or until cheese melts. Sprinkle with fresh cilantro.
3. Mix 2 cups chunky salsa + 14 oz can diced tomatoes + pinch cayenne + pinch chili powder. Cover bottom of a 13x9 inch baking dish with ½ of sauce. Spread black bean dip + seasoned ground beef + red-fat sharp cheddar cheese onto 6, 8-inch tortillas, roll tightly, and place in baking dish, seam side down. Pour remaining sauce onto tortillas and sprinkle with shredded cheese. Bake at 375° for 20-25 minutes or until cheese is bubbly. Serve with a dollop of light sour cream and guacamole.
4. Combine 1 lb peeled, diced, cooked shrimp + 1 cup corn + 2 4-oz cans chopped green chilies + ½ cup green enchilada sauce, microwave 2 minutes. Spread ¼ cup enchilada sauce into 9x13 inch prepared baking dish. Top with a layer of 6 overlapping corn tortillas. Spread 1 15-oz can refried beans evenly over tortillas. Top beans with shrimp mixture + 6 more corn tortillas. Pour remaining sauce over tortillas. Cover with foil. Bake 20 minutes or until it bubbly. Remove foil, sprinkle with shredded cheddar cheese, continue baking until cheese is melted. Top with fresh cilantro, serve with lime wedge.
5. Microwave (or oven roast) 2 large sweet potatoes. Once cooked, peel and dice. In a blender, combine 1 chopped onion + 2 cloves garlic + 1 jar Tomatillo salsa + handful fresh cilantro. Place a ~4 cubes sweet potato + shredded red-fat sharp cheddar cheese + ~2 Tbsp black beans + ~3 Tbsp Tomatillo salsa into middle of 6, 8-inch whole wheat flour tortillas, roll up and place into prepared 13x9 inch baking dish, seam side down. Pour remaining salsa over tortillas, sprinkle lightly with shredded cheese. Bake at 400° 15-20 minutes or until cheese melts. Sprinkle with fresh cilantro.
6. Pour ¼ cup of prepared enchilada sauce into the bottom of a 9x13 inch baking dish. Onto 6, 8-inch tortillas, place an equal portion of seasoned lean ground beef or turkey + 1oz red-fat cheddar cheese. Tightly roll tortillas and place seam side down in baking dish. Pour remaining sauce over top of enchiladas, sprinkle with cheese + diced black olives. Bake at 350 for 20 minutes, or until sauce is bubbly and cheese is melted.
7. Season 3 tilapia fillets with salt + pepper + paprika, baked on prepared baking sheet for 20 minutes at 400. Let cool for 5 minutes, and then slice into strips. Place a few strips of tilapia onto 6 corn tortillas, top with your favorite salsa. Fold and place seam side down into prepared 9x13 baking dish. Pour 1-2 cups of Bertolli Spicy Tomato Sauce over tortillas, sprinkle with red-fat Mexican cheese. Place dish under broiler for 2-3 minutes until cheese melts.