

# Enchiladas Tex-Mex

Serves 8, 1<sup>1</sup>/<sub>3</sub> cups per serving



## Ingredients

- 1 can (15 ounces) black beans, rinsed and drained
- 2 teaspoons dried cilantro or parsley (OR 2 Tablespoons fresh, chopped)
- 1 jar (10 ½ ounces) salsa
- 3 cups roast chicken master mix (page X)
- 2 cups low-fat Monterey Jack cheese, shredded
- 8 large whole wheat tortillas
- 1 jar ( 10 ½ ounces) salsa (optional topping when reheated)

## Directions

1. Line a 9 x 13-inch baking pan with foil, leaving enough overhang to cover food and seal foil.
2. Spray foil with cooking spray.
3. In mixing bowl, combine black beans, chicken master mix (page X), cilantro, 1 cup cheese, and 1 jar of salsa.
4. Fill each tortilla with ½ cup of chicken mixture.
5. Roll and place seam side down in baking pan.
6. Sprinkle remaining cheese over enchiladas.
7. Seal, label, and freeze.
8. Once enchiladas are frozen, remove from pan and return to freezer, or wrap individually.

## To Cook

1. Peel foil from enchiladas and return to baking pan.
2. Thaw for 24 hours in the refrigerator.
3. Cover pan loosely with foil and bake at 350°F for 1 hour.
4. Remove foil and bake 15 minutes longer to 165°F.
5. Individual servings can also be reheated in the microwave.

**Safety Note:** If freezing in glass bakeware, please read manufacturer's instructions. Glass bakeware may break if placed directly from freezer to oven.

Nutrition Facts	
Serving Size 1 1/3 cups	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 350	
	% Daily Value*
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 830mg	<b>35%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
<b>Protein</b> 28g	<b>56%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	