



## Inside-Out Chicken Enchiladas



1/4th of recipe (1 enchilada): 250 calories, 7g total fat (2.5g sat fat), 519mg sodium, 7g carbs, 2g fiber, 0.5g sugars, 37.5g protein

Freestyle™ [SmartPoints®](#) value 2\*

[SmartPoints®](#) value 5\*

**Prep:** 15 minutes    **Cook:** 25 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1/2 cup refried beans  
1/4 tsp. chili powder  
1/2 tsp. ground cumin  
1/4 tsp. salt  
1/2 cup shredded reduced-fat Mexican-blend cheese  
Four 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness  
1/8 tsp. black pepper  
1/4 cup red enchilada sauce  
1/4 cup chopped scallions  
Optional toppings: light sour cream, sliced black olives, fresh cilantro

### Directions

Preheat oven to 400 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place beans in a medium bowl. Add chili powder, 1/4 tsp. cumin, and 1/8 tsp. salt. Mix well. Stir in 1/4 cup cheese.

Season chicken with pepper, remaining 1/4 tsp. cumin, and remaining 1/8 tsp. salt. Evenly distribute bean mixture between the centers of the cutlets.

Carefully roll up each chicken cutlet over the mixture. Secure with toothpicks. Place cutlets in the baking pan. Pour sauce over chicken, and top with remaining 1/4 cup cheese.

Cover pan with foil.

Bake for 25 minutes, or until chicken is cooked through and cheese has melted.

Top with scallions.

**MAKES 4 SERVINGS**

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.