



Chicken Enchilada Dip



1/6th of recipe (about 1/3 cup): 129 calories, 6g total fat (3g sat. fat), 482mg sodium, 6.5g carbs, 1g fiber, 1g sugars, 11.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/2 cup light/reduced-fat cream cheese
1/2 cup fat-free refried beans
1/2 cup red enchilada sauce
1/2 tsp. ground cumin
One 10-oz. can white chunk chicken breast in water, drained and flaked
1/4 cup shredded reduced-fat Mexican-blend cheese
2 tbsp. chopped fresh cilantro, or more for topping

Directions

Place cream cheese in a medium-large microwave-safe bowl, and stir until smooth. Add beans, enchilada sauce, and cumin. Mix until uniform.

Stir in chicken and 2 tbsp. shredded cheese. Microwave for 2 minutes.

Stir in cilantro. Top with remaining 2 tbsp. shredded cheese.

Microwave for 1 minute, or until cheese has melted and entire dish is hot.

MAKES 6 SERVINGS

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