



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

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

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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

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