



# ENCHILADAS

4 SERVINGS



CALS - 665    CARBS - 48g    PRO - 61g    FAT - 25g

## INGREDIENTS

8 Carb Balance Tortillas  
1 Packet of Enchilada Seasoning  
2 4oz cans Diced Green Chiles  
1 29oz can Tomato Sauce  
1C Reduced Fat Mexican Blend Style Shredded Cheese  
2LB Ground Turkey Meat

## DIRECTIONS

1. Preheat oven to 400 degrees
2. Cook ground turkey in pot until brown
3. Pour about 1/2 - 2/3 can of tomato sauce into pot of ground turkey
4. Add enchilada seasoning & diced green chiles to ground turkey mixture
5. Pour a little bit of tomato sauce onto a plate and place a tortilla on top so the outside of the tortilla has tomato sauce covering it
6. Add turkey mixture onto tortilla and roll
6. Place rolled tortilla in 9x13 pan
7. REPEAT
8. Pour remaining tomato sauce & add shredded cheese on top of enchiladas
9. Cook at 400 degrees for about 10-15 min (until cheese is melted)