



# Low Fat **MEXICAN** Comfort Foods

## Chicken and Spinach Enchiladas

Servings: 6

- 1/2 pound boneless, skinless chicken breast tenders
- 5 ounces frozen chopped frozen spinach, thawed, drained (this is one half of a 10-ounce package)
- 1/4 cup green onions
- 1-8 ounce carton low fat sour cream
- 1/4 cup plain fat-free yogurt
- 2 tablespoons flour
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/2 cup skim milk
- 1 - 4 ounce can diced green chilies, drained
- 6 - regular size (6-7 inch) flour tortillas
- 1/3 cup shredded reduced fat cheddar cheese

### Garnish:

- 1 large tomato, diced
- 3 tablespoons chopped cilantro
- 2 more green onions

Poach chicken in a large saucepan in just enough water to cover. Bring to a boil, reduce heat and simmer for 10 to 15 minutes until no longer pink inside. Let cool. When cool enough to touch, shred chicken.

Combine drained thawed spinach with chicken and 1/4 cup green onion.

In a separate bowl, combine sour cream, yogurt, flour, cumin and salt. Gradually add milk and stir. Add green chilies.

Combine half of the sauce with the chicken/spinach mixture. Divide and place on the tortillas and roll up. Place tortillas seam side down in an ungreased baking dish.

Spoon remaining sauce over the tortillas. Bake, uncovered in a 350 degree oven for 20 to 25 minutes. Sprinkle with cheese. Let stand for a few minutes and garnish with fresh-diced tomato, chopped cilantro and more sliced green onion.

Per serving: 248 Calories, 7 g Total Fat (2 g Saturated Fat), 28 mg Cholesterol, 29 g Carbohydrates, 1 g Fiber, 17 g Protein, 412 mg Sodium

## Chicken Fajitas

Servings: 4 Yields: 8 Fajitas

- 4 boneless, skinless chicken breasts
- cooking oil spray
- 1/4 cup fresh lime juice
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 large red bell pepper, cut in strips
- 1 large green bell pepper, cut in strips

- 1 large sweet yellow onion
- 8 - 6 inch low fat flour tortillas
- 2 tablespoons chopped fresh cilantro
- Fat free sour cream



Combine fresh lime juice, minced garlic and salt in a bowl. Add chicken breasts that have been lightly pounded to tenderize. Coat breasts with juice mixture, cover and refrigerate for an hour.

Spray nonstick skillet with cooking oil spray and heat over medium high heat.

Remove chicken from marinade (discard marinade). Add chicken to skillet and sauté chicken about 3 minutes per side or until cooked through. Remove chicken from skillet. Add more cooking spray if needed. Add onions and stir-fry for 2 to 3 minutes, add peppers and continue to stir until lightly crisp and tender. Cut chicken into strips. Cover vegetables and chicken to keep warm. Sprinkle with chopped cilantro. Divide among four plates and serve with warmed flour tortillas.

Per Serving: 395 Calories, 3g Fat (7.2% calories from fat), 59g Protein, 30g Carbohydrate, 12g Dietary Fiber, 137mg Cholesterol, 734mg Sodium

## Soft Chicken Tacos

Servings: 4

- 4 (4 ounces each) boneless, skinless chicken breast halves
- Cooking oil spray
- 1 small sweet onion, diced
- 1 (16 ounce) jar mild picante sauce
- 1 cup shredded reduced fat Monterey Jack cheese or reduced fat sharp cheddar cheese
- 8 (8 inch) fat-free flour tortillas
- 1/2 cup sliced black olives (optional)
- 1/2 cup fat-free sour cream



Place chicken breasts in a saucepan with enough water just to cover. Bring to a boil, and cook until meat shreds easily. Remove chicken from water, shred, and set aside. Reserve water.

Lightly spray a large heavy nonstick skillet with cooking oil spray. Heat over medium heat. Add onion, and cook until transparent. Add shredded chicken meat, and stir in the picante sauce, and 1/2 cup of the reserved chicken water. Reduce heat to low, and simmer 30 minutes, or until the sauce is thick. Remove the pan from heat, and sprinkle cheese over the chicken mixture.

Serve over flour tortillas and garnish with sliced olives and sour cream.

Per Serving: 386 Calories, 6g Fat (15.5% calories from fat), 41g Protein, 38g Carbohydrate, 11g Dietary Fiber, 79mg Cholesterol, 1659mg Sodium, Exchanges: 1 1/2 Grain (Starch); 5 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.