

Chicken Enchiladas

4 corn tortillas, preferably yellow WIC

1 ½ cups shredded chicken. Approximately 1 breast

½ cup black beans WIC

½ cup corn WIC

1 tablespoon oil

1 green pepper chopped WIC

1 onion chopped WIC

1 can crushed or chopped tomatoes WIC

1 cup fat free yogurt

½ cup sour cream, low fat

½ cup shredded Jack cheese WIC

Coat an 8x8 or 9x9 inch baking pan with spray. Sauté onions and peppers in oil until translucent, combine with tomatoes, sour cream and yogurt. Mix chicken, corn, and beans; add ½ of the tomato sour cream mixture. Fill tortillas with chicken mixture, roll them up and place them in the pan. Spoon the remaining tomato mixture on top and cheese. Cover with foil and bake 30 minutes at 350.