Kid-Friendly Chicken Enchiladas with Black Beans and Corn

This fiber-filled entrée is not only delicious but also easy to make, especially if you baked or grilled extra chicken earlier in the week. If not, no worries. A cooked rotisserie chicken from the grocery store or canned chicken breast are also easy shortcuts to get this quick and easy meal on the table in a hurry.

Ingredients

Servings 4 **Serving Size** 3 torillas per serving

- Cooking spray
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cooked, cooled, and shredded
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 10 ounces frozen whole-kernel corn, thawed
  OR
- 1 15.25-ounce can no-salt-added corn, rinsed and drained
- 1 teaspoon chili powder and 2 teaspoons chili powder, divided use
- 12 6-inch whole-wheat or corn tortillas, warmed
- 1 14.5-ounce can no-salt-added tomato sauce
- 1/2 cup fat-free sour cream

Directions

Tip: Click on step to mark as complete.

1. Preheat the oven to 400°F. Lightly spray a baking dish with cooking spray.
2. Put the chicken in a large bowl. Stir in the beans, corn, and 1 teaspoon chili powder.
3. Put six tortillas on a large cutting board or clean, flat surface. Spoon about 1 1/2 tablespoons of the chicken mixture down the center of the tortillas, stopping about 2 inches from the edges. Roll up and place with the seam side down in the baking dish, securing with a toothpick if desired.
4. In a small bowl, stir together the remaining 2 teaspoons chili powder, tomato sauce, and sour cream. Spoon over the tortillas.
5. Bake for 15 to 20 minutes, or until heated through.

Quick Tips

Cooking Tip: For a quicker meal, use 2 cups shredded chicken from half of a rotisserie chicken or 16 ounces canned chicken breast (lowest sodium available), drained.

Tip: To get the kids involved, ask them to help measure, stir, shred, and assemble.

Keep it Healthy: Be sure to buy salt-free chili powder.

Tip: To quickly warm the tortillas, wrap them in 2 to 3 damp paper towels. Microwave on 100% power (high) for 1 to 1 1/2 minutes, or until warmed. Be sure to warm the tortillas just before you are ready to stuff and roll them. Warmed tortillas will bend much more easily than ones at room temperature, which can tear easily.

Nutrition Facts

Kid-Friendly Chicken Enchiladas with Black Beans and Corn

Calories

485 Per Serving

Protein

41g Per Serving

Fiber

12g Per Serving

Cost Per Serving

$2.36

Nutrition Facts

Calories	485
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.0 g
Cholesterol	78 mg
Sodium	499 mg
Total Carbohydrate	81 g
Dietary Fiber	12 g
Sugars	13 g
Protein	41 g