

# Spinach and Turkey Enchiladas

## Recipe of the Month May - 2014



A-OK? Vitamin A that is. Spinach in this recipe is a super source of vitamin A that helps with night vision.

**Prep Time:** 25 Min

**Start to Finish:** 1 Hr. 10 Min

**Makes:** 8 enchiladas

### INGREDIENTS

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- 1 lb. lean ground turkey
- 1 medium onion, chopped (1/2 cup)
- 1 box (9 oz.) frozen chopped spinach
- 1 can (4.5 oz.) chopped green chilies, undrained
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt-free garlic-pepper seasoning
- 1/2 cup fat-free sour cream
- 3/4 cup shredded reduced-fat Colby-Monterey Jack cheese blend (3 oz.)
- 1 can (10 oz.) enchilada sauce
- 8 low-fat whole wheat or flour tortillas (8 inch)
- 1/2 cup Thick 'n Chunky salsa

### DIRECTIONS

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1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, cook turkey and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until turkey is no longer pink.
2. Stir in spinach; cook, stirring frequently, until thawed. Stir in green chilies, cumin, garlic-pepper seasoning, sour cream and 1/4 cup of the cheese.
3. Spread about 1 teaspoon enchilada sauce on each tortilla. Top each with about 1/2 cup turkey mixture. Roll up tortillas; place seam sides down in baking dish. In small bowl, mix remaining enchilada sauce and the salsa; spoon over enchiladas. Sprinkle with remaining 1/2 cup cheese.
4. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down. Bake 40 to 45 minutes or until thoroughly heated.

**Recipe Provides:** Dairy 1/2c, Grains 2oz-equivalents

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Enchilada	<b>Calories:</b>	230	<b>Calories from Fat:</b>	30
<b>Total Fat:</b>	3 1/2 g	<b>Saturated Fat:</b>	2 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	40 mg	<b>Sodium:</b>	750 mg	<b>Total Carbohydrate:</b>	27 g
<b>Dietary Fiber:</b>	4 g	<b>Sugars:</b>	3 g	<b>Protein:</b>	22 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)