

Chicken Enchiladas

Submitted by JoAnn M.

6 flour tortillas, 8" size

1 cup baked chicken breast, cut up into small pieces

1 can cream of mushroom soup, 98% fat free

$\frac{3}{4}$ cup cheddar cheese, shredded

1 cup sour cream, fat free

In a large bowl mix soup and sour cream.

In a 9 x 9 pan place a small amount of soup mixture.

In each tortilla, spread a thin layer of soup mixture, chicken, and cheese. Roll up and place in pan. After all tortillas are filled and in pan, pour remaining mixture over the top. Bake at 350 until cheese is melted, approximately 30 minutes.

Makes 6 servings.

Nutrition information per serving: 300 calories, 16 grams protein, 10 grams fat, 30 grams carbohydrate, 822 mg sodium.