

Microwave Chicken Enchiladas

INGREDIENTS

- 1, 15oz can enchilada sauce, any kind
- 2 cups canned chicken breast
- 1, 15oz can black beans, drained and rinsed
- 12 corn or flour tortillas
- 1 cup low-fat shredded cheese

Optional toppings:

- Cilantro
- Greek yogurt

TIME: 1.5 HOURS

SERVINGS: 12



Adapted from: flippindelicious.com



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PROCEDURE

1. Wrap tortillas in a paper towel and microwave for 30 seconds to make them flexible.
2. Spread $\frac{1}{2}$ cup of enchilada sauce evenly across the bottom of a microwave-safe 8 x 8-inch casserole dish.
3. In a bowl, combine the chicken, black beans, and 1 cup of enchilada sauce.
4. Dip each tortilla in the remaining enchilada sauce, fill with 2-3 tablespoons of the chicken mixture, and roll tightly. Place the tortillas seam-side down in the casserole dish. Repeat with the remaining tortillas and filling.
5. Pour any leftover enchilada sauce over the rolled tortillas and sprinkle with shredded cheese.
6. Microwave for 5-7 minutes, or until the cheese is melted, the sauce is bubbling, and the enchiladas are fully heated.
7. Add your favorite toppings before serving.

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