

## TEX-MEX ENCHILADAS

Prep Time: 15 minutes  
Cook Time: 15 minutes  
Makes: 6 servings

### Ingredients:

Cooking spray  
10 large eggs  
1/4 cup nonfat milk  
1 can (4 ounces) chopped green chilies, drained  
1/2 cup chopped onion  
1 tablespoon taco seasoning  
1/4 teaspoon garlic powder  
2 tablespoons unsalted butter  
1 cup shredded Monterey Jack cheese, divided  
6 (8-inch) flour tortillas  
1 can (10 ounces) enchilada sauce  
Chopped avocado, optional  
Sour cream, optional  
Pico de gallo, optional  
Cilantro, optional

### Directions:

1. **PREHEAT** oven to 350°F. **SPRAY** a 13 x 9-inch baking dish with cooking spray; set aside.
2. **COMBINE** eggs, milk, chilies, onion, taco seasoning and garlic powder in a large bowl.
3. **MELT** butter in a large skillet. **POUR** in egg mixture. **COOK** on medium heat, gently drawing mixture across bottom and sides of pan forming large curds, until eggs are thickened and no visible liquid egg remains.
4. During last minute, **STIR** in 1/2 cup of the cheese.
5. Meanwhile, **HEAT** tortillas according to package directions. **DIVIDE** egg mixture evenly and **PLACE** on center of tortillas. **ROLL** up.
6. **PLACE** tortillas, seam side down, in prepared dish. **SPOON** enchilada sauce over top of enchiladas. **SPRINKLE** with remaining 1/2 cup cheese.
7. **BAKE** 12 to 15 minutes or until filling is hot and cheese is melted. **GARNISH** each tortilla with avocado, sour cream, pico de gallo and cilantro, as desired.

### TIPS:

- Substitute shredded Mexican Blend or Colby cheese for the Monterey Jack.
- For a spicier version, use canned hot chopped chilies and Jalapeno Jack cheese.

**Nutrition information per serving (1 filled tortilla and sauce):** 413 calories; 21g total fat; 10g saturated fat; 2g polyunsaturated fat; 4g monounsaturated fat; 341mg cholesterol; 1278mg sodium; 34g carbohydrate; 2g dietary fiber; 20g protein; 1133.3 IU Vitamin A; 76.0 IU Vitamin D; 42.4mcg folate; 207.0mg calcium; 1.8mg iron; 248.3mg choline.

This recipe is an **excellent source** of protein, Vitamin A, choline and calcium; and a **good source** of Vitamin D, folate and iron.