



Turkey Enchiladas

Ingredients:

Ground turkey, corn, black beans garlic, chili, cumin coriander, poblano tomato sauce, fajita seasoning, cilantro, lime, quinoa.

All you do:

1. Twenty-four hours before cooking, thaw the turkey enchilada pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Leave the cover on the foil pan and place the pan on the center rack of the preheated oven. Bake covered for 40 minutes. After the 40 minutes, uncover and bake for another 15-20 minutes. The contents should reach an internal cooking temperature of 165°F (on cooking thermometer) to ensure that the turkey is cooked through.

Chef's Tip(s): Allow the enchiladas to set for 10 minutes after removing from the oven. This helps the product hold together while also allowing for the enchilada to cool before it is served.

Dietitian Tips & Notes:

Serve with: Top with Mexican blend cheese, cilantro, green onion, plain Greek yogurt or sour cream, and lime wedges and serve with a leafy green salad.

Leftovers: Reheat the enchilada(s) by adding a tablespoon of water to the bottom of the pan. If microwaving, cover with plastic, or if reheating by oven, use aluminum foil. Adding water and covering the leftovers helps to prevent dryness when reheating.

Fun Fact: Poblano peppers are a type of chili pepper; they are larger than jalapenos, but smaller than bell peppers, and are purple-green in color. They turn dark red-black as they ripen and are rich in fiber and vitamins A and C. Dried poblano peppers that are fully ripe (dark red-black in color) are known as ancho chiles.

Nutrition Facts per serving: 546 calories, 13 g total fat (3 g saturated fat, 0 g transfat), 78 mg cholesterol, 988 mg sodium, 71 g carbohydrates (14 g fiber, 8 g sugar), 37 g protein