



cilantro and serve over rice. Pass chutney separately.

Serves: 6.

Per serving: 287 calories, 26g protein, 12g carbohydrates, 17g fat (5g saturated), 2g fiber, 1,092mg sodium.

Chicken and Red Bean Enchiladas

- 2 cups shredded rotisserie chicken
- 1 15.5-ounce can small red or pinto beans, drained
- 2 cups grated pepper Jack cheese (about 6 ounces)
- 1 medium-large onion
- 2 Tbs. olive oil
- 1 15-ounce can tomato sauce
- 1 14.5-ounce can chicken broth
- 3 Tbs. sour cream
- 12 corn tortillas (about 5½ inches in diameter)
- Optional garnish: Chopped fresh cilantro, hot red pepper sauce

Adjust oven rack to middle position; heat oven to 375 degrees. In a medium bowl, mix chicken, beans and 1 cup cheese; set aside. Thinly slice ½ cup onion; set aside. Finely chop remaining onion.

Heat oil in a 12-inch skillet over medium-high heat. Add chopped onions and sauté until golden, about 5 minutes. Add tomato sauce; simmer until very thick, about 12 minutes. (Stir frequently; reduce heat if sputtering dramatically.) Add broth; bring to simmer. Remove from heat; whisk in sour cream. Stir ½ cup sauce into chicken mixture. Spread ½ cup sauce in a 13-by-9-inch ovenproof glass dish.

Microwave tortillas on high power in a microwave-safe plastic bag until warm, about 1 minute. Fill each tortilla with a heaping ¼ cup chicken mixture; roll and place in baking dish. Top with remaining sauce and cheese. Bake until bubbly, about 20 minutes. Top with sliced onions and the optional cilantro. Serve hot. Pass pepper sauce separately.

Serves: 6.

Per serving: 441 calories, 25g protein, 45g carbohydrates, 20g fat (8g saturated), 7g fiber, 1,590mg sodium.

PHOTOS BY BRIAN LEONARD FOR USA WEEKEND