**Dinner Tonight!**

**Easy Cheesy Enchiladas**

*For enchiladas:*
- 1 (3-ounce) package low-fat cream cheese
- 2 cups chopped, cooked chicken breast
- 12 ounces chunky salsa, mild
- 1 cup low-fat Mexican blend cheese, shredded
- 10 corn tortillas

*For sauce:*
- 2 cups non-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin

Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and 1/2 cup of the salsa; mix well. Add 1/2 cup shredded cheese; stir until melted. Spoon enchilada filling onto each tortilla; roll up. Place seam side down in baking dish. Top with remaining salsa and cheese. Bake at 350°F for about 15 minutes, or until heated through and through. Serve with yogurt sauce.

Serves: 10 (1 enchilada counts as a serving)
Cost per serving: $1.50

Nutrition facts per serving
- Calories: 180
- Total Fat: 5 g
- Cholesterol: 32 mg
- Sodium: 418 mg
- Total Carbohydrate: 20 g
- Fiber: 2 g
- Protein: 16 g

*This recipe came from the www.nationaldairycouncil.org*