Dinner Tonight!

Easy Enchilada Bake

1 pound lean ground turkey
1 – 10 count package of corn tortillas
1 – 8 ounce can of reduced sodium tomato sauce
1 – 10 ounce can of diced tomatoes with green chiles
1 cup reduced-fat cheddar cheese

In a medium skillet cook ground turkey on medium heat until cooked throughout. Slice corn tortillas in four triangles and set aside. Combine tomato sauce and diced tomatoes in a medium mixing bowl and set aside. Coat a 9 x 9 inch baking dish with thin layer of tomato sauce mixture and continue layering with tortillas, tomato sauce mixture, ground turkey, and cheddar cheese. Bake at 375° for 30-40 minutes.

Preparation Time: 10 minutes
Cook Time: 30-40 minutes
Serves: 6
Cost per serving: $0.27

Nutrition facts per serving
Calories: 220
Total Fat: 8 g
  Saturated Fat: 5 g
  Trans Fat: 0 g
Cholesterol: 50 mg
Sodium: 450 mg
Total Carbohydrate: 7 g
Fiber: 1 g
Protein: 30 g

Serve with: tossed salad or sliced fruit