

# CABBAGE ROLL CHICKEN ENCHILADAS

## INGREDIENTS:

- 12 Savoy cabbage leaves
- 2 1/2 cups chicken, cooked and shredded
- 1 can spicy refried beans (15 ounces)
- 1 3/4 cups cheddar cheese, shredded
- 1 can red enchilada sauce (10 ounces)
- 1/2 cup fresh cilantro, chopped

## DIRECTIONS

1. Bring a large pot of water to boil. Add cabbage leaves and cook for 1 minute. Drain and rinse with cold water. Pat dry.
2. Preheat oven to 350°F.
3. Combine chicken, refried beans and 3/4 cup of cheese in a medium bowl. Coat bottom of 9-by-13-inch baking dish with a few tablespoons enchilada sauce. Fill each cabbage leaf with about 1/3 cup of chicken mixture and roll into an enchilada. Place, seam-side down, in the baking dish (they will be snug). Sprinkle remaining 1 cup cheese.
4. Bake until heated thoroughly and cheese is melted, about 20 minutes. Sprinkle with cilantro.

## Nutrition Facts

Serving Size 2 (171g)  
Servings Per Container 6

Amount Per Serving

**Calories 210**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 4.5g      **23%**

Trans Fat 0g

**Cholesterol 65mg**      **22%**

**Sodium 340mg**      **14%**

**Total Carbohydrate 9g**      **3%**

Dietary Fiber 3g      **12%**

Sugars 2g

**Protein 25g**

Vitamin A 15%      •      Vitamin C 30%

Calcium 4%      •      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

