

Leftover Turkey Enchiladas

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Servings: 16

6 tablespoons extra-virgin olive oil
2 jalapeno peppers, finely chopped
3 large onions, sliced and divided
2 teaspoons ground cumin
4 cups cooked turkey, shredded
16 ounces (4 cups) Monterey Jack or mild Cheddar cheese, grated and divided
1/2 teaspoon Kosher salt
1/2 teaspoon black pepper
2 cans (14 ounce ea) red chili enchilada sauce
16 corn tortillas, warmed
1 cup roasted pumpkin seeds, toasted and coarsely chopped
fresh cilantro leaves (for serving)

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

In a large skillet over medium-high, heat the oil. Add the jalapenos, 2/3 of the onion and the cumin. Cook, tossing often, until the onion is softened, 10 minutes. Remove from the heat. Mix in the turkey, half of the cheese, the salt and pepper.

Divide one cup of the enchilada sauce between two 13x9-inch baking dishes. Roll up the turkey mixture in the tortillas (about 1/3 cup per tortilla). Place seam-side down in the baking dishes (eight per dish).

Top with the remaining enchilada sauce and cheese.

Bake, uncovered, until the sauce is bubbling and the cheese is melted, 15 to 20 minutes.

Serve topped with the pumpkin seeds, cilantro and the remaining onion.

Start to Finish Time: 40 minutes

How To Freeze and Reheat. Bake the enchiladas, leaving off the garnishes. Cool completely. Tightly wrap each dish in plastic wrap, then foil. Freeze.

To reheat: Bake, covered in a 350 degree oven for 10 minutes. Uncover. Bake until warmed through and bubbly, 15 to 20 minutes more.

Per Serving (excluding unknown items): 169 Calories; 8g Fat (39.7% calories from fat); 12g Protein; 14g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 125mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Turkey

Calories (kcal):	169	Vitamin B6 (mg):	.2mg
% Calories from Fat:	39.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	32.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	28.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	36mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	27mg	% Refuse:	0 0%
Carbohydrate (g):	14g		
Dietary Fiber (g):	2g		
Protein (g):	12g		
Sodium (mg):	125mg		
Potassium (mg):	184mg		
Calcium (mg):	59mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	7IU		
Vitamin A (r.e.):	1/2RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	169	Calories from Fat:	67
% Daily Values*			
Total Fat	8g		12%
Saturated Fat	1g		7%
Cholesterol	27mg		9%
Sodium	125mg		5%
Total Carbohydrates	14g		5%
Dietary Fiber	2g		7%
Protein	12g		
Vitamin A			0%
Vitamin C			4%
Calcium			6%
Iron			7%

* Percent Daily Values are based on a 2000 calorie diet.