

## Chicken

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# Turkey Pecan Enchiladas

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**Servings: 12**

**Preparation Time: 25 minutes**

**Bake Time: 45 minutes**

**1 medium onion, chopped**

**4 ounces reduced-fat cream cheese**

**1 tablespoon water**

**1 qte ground cumin**

**1/4 teaspoon pepper**

**1/8 teaspoon salt**

**4 cups cooked turkey breast, cubed**

**1/4 cup chopped pecans, toasted**

**12 6-inch flour tortillas, warmed**

**1 can (10 3/4 oz) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted**

**1 cup (8 oz) reduced-fat sour cream**

**1 cup fat-free milk**

**2 tablespoons canned chopped green chilies**

**1/2 cup reduced-fat cheddar cheese, shredded**

**2 tablespoons fresh cilantro, minced**

Preheat oven to 350 degrees.

In a small nonstick skillet coated with nonstick cooking spray, cook and stir the onion over medium heat until tender. Set aside.

In a large mixing bowl, beat the cream cheese, water, cumin, pepper and salt until smooth.

Stir in the onion, turkey and pecans.

Spoon 1/3 cup of the turkey mixture down the center of each tortilla. Roll up and place seam side down in a 13x9-inch baking dish coated with nonstick cooking spray.

In a bowl, combine the soup, sour cream, milk and chilies. Pour over the enchiladas.

Bake, covered, for 40 minutes.

Uncover and sprinkle with cheese.

Bake 5 minutes longer or until heated through and cheese is melted.

Sprinkle with cilantro.

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Per Serving (excluding unknown items): 362 Calories; 9g Fat (22.9% calories from fat); 26g Protein; 42g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 452mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.