Juanita’s Cheese Enchiladas

From the kitchen of Juanita Silva, San Antonio
Preparation time: 40 minutes
Number of servings: 6

**Ingredients:**
- 12 corn tortillas
- 1 cups water
- 1 chili powder
- 1 tablespoon flour
- 1 ¼ cups low-fat longhorn cheese, shredded
- 1 medium onion, chopped
- 1 garlic clove, crushed
- Salt to taste

**Preparation:**
1. To make sauce, mix the chili powder, garlic, salt, and flour in 1 cup of water.
2. Cook over low heat until mixture boils (20 minutes).
3. Warm tortillas until soft. Fill each tortilla with 1 tablespoon of cheese and onion. Roll and place in a 9” x 13” inch baking pan.
4. Pour enchilada sauce over tortillas. Sprinkle with remaining cheese. Bake at 350°F for 15 minutes.

**Nutrition information per serving:**
- FAT: 17% of calories from fat (low)
- FIBER: 3 grams (high)
- CALORIES: 200

**TIP**
*Baking instead of frying helps reduce fat.*
*Try serving with pico de gallo or chili sauce.*