

## 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.*