

TURKEY ENCHILADAS

INGREDIENTS

	protein	net carbs	fat
1 lb lean ground turkey	96		
1 Cup chopped onion			
1 Cup chopped green bell pepper			
3 Cups fresh spinach			
8 large whole grain wraps		152	
1 12 oz. can enchilada sauce		24	
2 Cups shredded 2% Mexican cheese, divided	56	8	48
1 Cup veggies-only chunky salsa			
1 Cup chopped tomatoes			
1 Cup shredded lettuce			
handful of cilantro			
Total recipe, 8 enchiladas	152	184	48
Per Enchilada	19	23	6
For 1 1/2 enchiladas	29	35	9

INSTRUCTIONS

- Cook the ground turkey with chopped onion and green pepper, adding in spinach in the last minute of cooking.
- Pour the whole can of enchilada sauce into a wide shallow bowl.
- Dip each wrap in the enchilada sauce – you want to reserve as much sauce as possible in the dipping bowl, so use your fingers to scrape off excess after dipping.
- Lay wrap down on a plate, and spoon in 1/8 the cooked turkey with veggies.
- Sprinkle with 1/8 Cup cheese.
- Roll up and place seam side down in a greased 13x9x2 pan. (You'll need to pack them in tight, but in a single layer!)
- Pour any remaining enchilada sauce over and sprinkle with remaining 1 Cup cheese.
- Bake 375 20-30 min. Cool slightly.
- Top with salsa, chopped tomatoes, shredded lettuce and cilantro.

I love hitting all of my macros for a meal in one dish – and this one has it all. A great recipe that the kids can help assemble!

