

## Chuck's Enchiladas

Serving Size: 1 enchilada  
Servings per Recipe: 8  
Exchanges per Serving: 2.5 starch, 4 proteins

Preheat oven to 350 degrees F.

1.5# chicken breast, cut up  
non-stick cooking spray  
1 can low fat or fat free cream of chicken soup  
8 oz. fat free sour cream (without gelatin)  
small can hot chilies  
2.5 cups shredded low fat cheddar/monteray jack cheese  
8 – 8" whole grain or low carb tortillas

salsa  
lettuce

1. Cut up chicken breast and brown in a pan sprayed with non-stick cooking spray.
2. Add the soup, sour cream, chilies, and 1.5 cups of the cheese to the chicken.
3. Spread the chicken mixture evenly on each of the eight tortillas and roll.
4. Place in a 9x13 cake pan and bake at 350 for 25 minutes.
5. Once out of the pan, sprinkle with the remaining cheese, lettuce, and salsa.

## Jordan's Orange Fluff

Serving Size: 1/6 recipe  
Servings per Recipe: 6  
Exchanges per Serving: 2 fruit

1 small box sugar free orange Jell-O  
2 small cans mandarin oranges, drained  
1 small box sugar free instant vanilla pudding  
2 cups fat free cool whip  
½ cup marshmallows

1. Make Jell-O as indicated on the box, using ice cubes to thicken.
2. Once thickened, add the mandarin oranges.
3. Mix the sugar free instant vanilla pudding powder with the fat free cool whip.
4. Top with marshmallows and allow to set.