

Baked Turkey and Jack Cheese Chimichangas



main meals

POINTS® Value: 5

Servings: 8

Preparation Time: 20 min

Cooking Time: 30 min

Level of Difficulty: **Moderate**

No need to fry this traditional Mexican dish: Simply bake until the tortillas are lightly browned and crisp. Serve with spicy salsa and a dollop of sour cream.

Ingredients

2 spray(s) cooking spray
1/2 pound(s) lean ground turkey
16 oz fat-free canned refried beans
1 3/4 cup(s) salsa
4 1/2 oz canned green chili peppers, mild, drained and diced
1 tsp chili powder
3 tbsp scallion(s), thinly sliced
1 cup(s) shredded reduced-fat Monterey Jack cheese
8 large burrito-size wheat flour tortilla(s)
1 cup(s) salsa
1/2 cup(s) fat-free sour cream

Instructions

Preheat oven to 350°F. Coat a large skillet with cooking spray. Coat a 13- X 9- X 2-inch baking dish with cooking spray.

Add turkey to skillet and cook over medium-high heat until lightly browned, about 5 minutes. Drain any excess liquid from pan and then add beans, 1 3/4 cups of salsa, chili peppers, chili powder and scallions. Cook until heated through, about 3 minutes; stir in cheese.

Meanwhile, wrap tortillas in foil; warm in oven for 10 minutes.

Assemble chimichangas by spooning about 1/2 cup of turkey mixture onto each tortilla; fold in sides and roll up.

Place chimichangas, seam-side down, in prepared baking dish. Bake, uncovered, until tortillas are crisp and browned, about 20 minutes. Serve each topped with 2 tablespoons of salsa and 1 tablespoon of sour cream.

Notes

For a flavor boost, look for epazote, a pungent herb with a taste similar to cilantro, at Mexican and Central American food stores. Chop some up and sprinkle it over the finished dish.

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