

## CHICKEN PINEAPPLE BLACK BEAN ENCHILADAS

### Ingredients

- . 2 tsps vegetable oil
- . 1 large yellow onion, chopped
- . 1 medium red bell pepper, chopped
- . 1 can (20 oz) pineapple tidbits, drained
- . 1/3 cup pineapple juice reserved
- . 1 can (15 oz) black beans, drained & rinsed
- . 1 can (4.5 oz) chopped green chilies
- . 1/2 c. diced cooked chicken breast
- . 1/2 c. chopped fresh cilantro
- . 1/2 tsp cumin
- . 1/4 tsp cayenne pepper
- . 1 1/2 c shredded low-fat cheddar cheese
- . 1 can (10 oz) green enchilada sauce
- . 8 whole wheat flour tortillas (8-9 inch)
  
- . Reduced fat sour cream for garnish

### Directions

- 1) Heat oven to 350 degrees F. Spray 13 x 9 inch glass dish with cooking spray. In 12 inch skillet, heat oil over medium heat. Add onion and bell pepper; cook 4-5 minutes or until softened. Stir in pineapple, beans, green chilies, and chicken. Cook and stir until thoroughly heated. Remove skillet from heat. Stir in cilantro, cumin, cayenne pepper, and 1 cup of cheese.
- 2) Spread 1 tablespoon enchilada sauce onto each tortilla. Spoon about 3/4 cup vegetable mixture over sauce on each. Roll up tortillas; place seam side down in baking dish.
- 3) In small bowl, mix reserved pineapple juice and remaining enchilada sauce; pour over entire surface of enchiladas in dish. Sprinkle with remaining 1/2 cup cheese. Spray sheet of foil large enough to cover baking dish with cooking spray. Place sprayed side down over baking dish and seal tightly.
- 4) Bake 35 to 40 minutes, removing foil during last 5 to 10 minutes of baking, until cheese is melted and sauce is bubbly. Top each baked enchilada with 1 teaspoon reduced fat sour cream.

Serves 8

Nutrition  
Information  
Per Serving:  
330 calories  
10 g fat  
46 g  
carbohydrates  
14 g protein  
6 g fiber  
810 mg sodium

