



Cheesy Enchilada Stack

Servings: 6

Ingredients:

- Two 16-ounce cans tomato sauce
- 4 teaspoons chili powder
- ¼ teaspoon garlic powder
- 12 soft whole-wheat or corn tortillas
- 1 cup low-fat cheddar or Monterey Jack cheese, shredded



Directions:

1. Preheat oven to 350 degrees F.
2. Wash hands and surfaces.
3. In a medium saucepan, combine tomato sauce, chili powder and garlic powder.
4. Spread one-fourth of the sauce in the bottom of a 9-inch pie pan or square baking pan and top with 1 tortilla. Spread 2 tablespoons sauce and 1 tablespoon cheese.
5. Repeat, layering tortillas, sauce and cheese. Cover with aluminum foil.
6. Bake until hot and cheese is melted, about 25 to 30 minutes. Heat remaining sauce over medium heat until hot. Remove enchilada stack to a serving plate. Cut into wedges. Serve with sauce.
7. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 350

Calories from Fat 70

% Daily Value*

Total Fat 8g

12%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 5mg

2%

Sodium 1270mg

53%

Total Carbohydrate 54g

18%

Dietary Fiber 7g

28%

Sugars 8g

Protein 15g

Vitamin A 20%

Vitamin C 20%

Calcium 10%

Iron 20%

Tips:

- Choose a tomato sauce without salt.
- Add leftover vegetables .
- ☺ Your children can spread the sauce or sprinkle the cheese.

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