



## Baked Chimichangas

Makes 8 servings

### Ingredients

- nonstick cooking spray
- 1 cup low-sodium, low-fat cream of chicken soup
- ½ cup light sour cream
- ½ cup diced green chilies
- 1 pound shredded rotisserie chicken
- ½ cup shredded Mexican blend cheese
- 8 low-fat flour tortillas
- 1 cup pico de gallo
- 2 cups shredded romaine lettuce
- ½ cup chopped green onions

### Directions

1. Preheat oven to 375 F.
2. Spray a 9-by-13-inch pan with nonstick cooking spray. Set aside.
3. In a large bowl, combine soup, sour cream and green chilies. Stir. Transfer ¼ cup of the mixture into a small bowl and set aside.
4. Use a spatula to fold the shredded chicken into the mixture in the large bowl. Divide the mixture evenly onto each of the 8 tortillas, roll each tortilla up and place seam-side-down in the prepared pan. Spread reserved mixture evenly over the top of the tortillas.
5. Bake for 20 minutes. Remove from oven, place 1 chimichanga on each of 8 plates and garnish with pico de gallo, lettuce and green onions. Enjoy!



MAIN DISH



### TIP

Add an extra kick to this Mexican dish by topping it with salsa!\*

\*Option not included in nutrition facts.

♥ = heart smart

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

© 2020 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-59129 (1/20)

### Nutrition Facts

Serving Size (222g)  
Servings Per Container 8

Amount Per Serving

**Calories 280**    **Calories from Fat 70**

**% Daily Value\***

**Total Fat 7g**    **11%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol 45mg**    **15%**

**Sodium 680mg**    **28%**

**Total Carbohydrate 33g**    **11%**

Dietary Fiber 3g    **12%**

Sugars 6g

**Protein 20g**

Vitamin A 30%    •    Vitamin C 20%

Calcium 15%    •    Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk

Carb choices per serving: 2