

Veggie Enchiladas

Serves 6*

Ingredients:

6 lower protein tortillas (around 1-2 g protein per tortilla)

2 tablespoons olive oil

1 (12 oz) package fresh or frozen fajita vegetables

1 packet fajita seasoning

1 (10 oz) can enchilada sauce

1 cup lower protein cheese shreds

1 (15 oz) can nacho cheese sauce (0-1g protein per serving)

Instructions:

Heat oven to 350 degrees Fahrenheit. Add olive oil to skillet over medium high heat.

Add fajita vegetable mix to the pan and cook about 5 minutes until veggies soften.

Add the fajita seasoning mix to the pan and add amount of water according to the packet directions. Cook another 5 minutes or until sauce thickens.

To a small baking dish, drizzle the bottom with a little olive oil and spoon the enchilada sauce to coat the bottom of the dish.

Take a tortilla and spread about a tablespoon of nacho cheese sauce in the middle. Next take about ¼ cup of the fajita vegetable and place over the nacho cheese. Roll up the tortilla and filling and place into the baking dish. Repeat the process with the remaining 5 tortillas. Top the rolled tortillas with more enchilada sauce until covered with sauce. Sprinkle lower protein cheese shreds over the top and bake in oven until warmed and cheese is melted, about 20-30 minutes.

Kcal: 366

Protein: 4 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

© 2021 Aeglea BioTherapeutics. All rights reserved.

aeglea.com