

[SUBMIT A BUG HERE](#)

[Join | Sign in](#)



Q: Can I make lunch without the same old baloney?
© 2010 Hormel Foods Corporation




Life Better Served.™
Get answers at [Hormel.com](#)

Enter Search Term Here



[Fresh spring recipes](#) | [Three-Onion Dip](#) | [Recipes for your beauty regimen](#)

brought to you by 

[Homepage](#) » [Food](#) » [Cheesy Turkey Enchiladas with Tomatillo Salsa and Cilantro](#)

Cheesy Turkey Enchiladas with Tomatillo Salsa and Cilantro

[PRINT THIS RECIPE](#)

Recipe from *Now Eat This!* by Rocco DiSpirito
[Oprah.com](#) | Published on March 26, 2010

[Comment \(0\)](#) [I Like It](#)

SHARE THIS

0 tweets
tweet

3
Share


 [Email This](#)



Photo: Kritsada Panichgul

In this country, dishes of Mexican origin have a reputation for being fat-laden and bad for you. At the same time, we can't seem to get enough of them! The funny thing is that in Mexico, the traditional food is generally fresh, healthy, and wholesome—lots of grilled fish and meats, intensely flavored (and cream-free) sauces, fresh vegetables and fruits, and herbs. The problem is the blanket of full-fat cheese and sour cream under which most Mexican-American dishes are served. The Mexican flavors we love come from healthy foods like bright-tasting tomatillos and cilantro, so I banked on them in this new version of enchiladas.

Servings: Serves 4

Ingredients:

Cheesy Turkey Enchiladas with Tomatillo Salsa and Cilantro

- 12 ounces ground turkey breast
- 4 low-carb tortillas, such as La Tortilla Factory (9 inches each)
- 2/3 cup fat-free spicy black bean dip, such as Desert Pepper Trading Company
- Salt
- Freshly ground black pepper
- 1 jar (12 ounces) tomatillo salsa, such as Ortega
- 1 cup reduced-fat Mexican cheese blend, such as Weight Watchers
- 1 cup shredded reduced-fat mozzarella cheese
- 1/2 cup chopped fresh cilantro

Directions:

Preheat the oven to 450°.

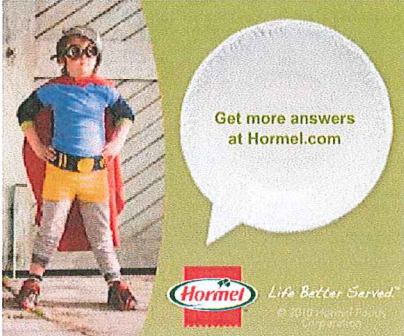
Heat a large nonstick saute pan over medium-high heat. Add the ground turkey and cook, stirring to break it up a little, until it is just cooked through, about 4 minutes.

Meanwhile, using flameproof tongs, char the tortillas lightly on each side over an open flame, or toast them under a preheated broiler. Keep the tortillas warm by covering them with a clean kitchen towel as you go.


Stir the black bean dip into the turkey. Season with salt and pepper to taste.

Lay the tortillas on a work surface, and divide the turkey mixture among them. Fold the sides of the

Advertisement



Get more answers at [Hormel.com](#)

 *Life Better Served.™*
© 2010 Hormel Foods Corporation

RECIPES FOR ANY OCCASION



Dinner for 20 or breakfast for one? We've got you covered. From savory suppers to decadent desserts, get the incredible (and easy!) recipes straight from the chefs who have perfected them.

[Browse the recipes](#)

MENUS

Check out our selection of menus that will tempt and delight your taste buds.
[Start cooking](#)



GET A PERSONAL WELCOME VIDEO FROM OPRAH



BECOME AN  INSIDER

CHAT WITH CRISTINA

Are you a Cristina Ferrare fan? Do you have a food

tortillas in over the filling and roll the tortillas up tightly to encase the filling. Lay them side by-side in a 9x13-inch baking dish.

Spoon the salsa over the tortillas, and sprinkle with the cheese. Bake until the cheese is bubbly and the enchiladas are hot throughout, 10 to 12 minutes.

Sprinkle the cilantro over the enchiladas, and serve.

Nutritional Information:

Before: 33g fat, 990 calories

After: 9.9g fat, 314 calories

38g protein, 32g carbohydrates, 59mg cholesterol, 18g fiber, 1,382mg sodium

RELATED RESOURCES

- Triple Chocolate Chip Cookies
- Grilled Chicken Parmigiano
- Penne Alla Vodka
- Flash-Fried Finger-Lickin' Chicken

RELATED LINKS




Triple Chocolate Chip Cookies
Try Rocco DiSpirito's low-calorie Triple Chocolate Chip Cookies recipe.
[READ MORE](#)




Grilled Chicken Parmigiano
Try Rocco DiSpirito's low-calorie Grilled Chicken Parmigiano recipe.
[READ MORE](#)



Roasted Pear and Spoon Bread Tart with Cranberry, Orange and Jalapeño Glaze
Dessert recipe, seen in O, the Oprah Magazine in December 2003
[READ MORE](#)



Breakfast Burrito
Spicy south-of-the-border breakfast treat made with tofu and sausage
[READ MORE](#)



Wild Salmon Satay with Asian-Style Pesto
Seafood recipe, seen in O, the Oprah Magazine in June 2004
[READ MORE](#)

Comments (0)

Who Likes This (0)

[POST A COMMENT](#)

Want to reply to a comment? Hint: Click "Reply" at the bottom of the comment

question you'd like her to answer? Here's your chance to get some great cooking tips firsthand!
[Find out how](#)



TELL OPRAH YOUR STORY

- ▶ Do You Have a Cooking Question?
- ▶ Get nutrition advice from Dr. David Katz
- ▶ Send us your beautiful nature images!
- ▶ IN SEARCH OF AMERICA'S BEST FAMILY RECIPE!!

Be on *The Oprah Show*

FOOD NEWSLETTER



Sign up for recipes and tips in your in-box!

[View All Newsletters](#)

[SUBSCRIBE](#)

MOST POPULAR



Feng Shui in the Kitchen - Aine McAteer
[READ MORE](#)



7 Ideas for Spontaneous Fun
[READ MORE](#)



O Magazine's 10 Best Recipes from the Past
[READ MORE](#)

1 | 2

Advertisement

Q:
Is there a full meal that fits my full schedule?

Get answers at [Hormel.com](#) *Life Better Served.*

EVERYTHING OPRAH

TV & FILMS

[The Oprah Winfrey Show](#)
[Harpo Films](#)

MAGAZINES

[O, The Oprah Magazine](#)
[Subscribe](#)

RADIO

[Oprah Radio](#)
[The Derrick Ashong](#)

PHILANTHROPY

[Oprah's Angel Network](#)
[Ways to Donate](#)

BOOK CLUB

[Oprah's Book Club](#)
[Say You're One of Them](#)

O STORE

[Shop Now](#)
[Oprah Show Transcripts](#)

COMMUNITY

[Message Boards](#)