

## Chicken Chimichangas

10 fat free flour tortillas (or tortilla that equals 2 points each)

8 oz picante sauce or salsa

3 1/2 cups cooked chicken, chopped (or canned)

1/2 small onion, diced

1 1/2 tsp ground cumin

1/2 tsp dried oregano

1/2 tsp salt

1 1/2 cup 2% milk cheddar cheese



Toppings: fat free sour cream, shredded lettuce, diced tomato

Combine 3/4 cup picante sauce and the chicken, onion, cumin, oregano and salt ingredients in a large pot. Cook over medium low heat, stirring often 25 minutes or until most of the liquid is evaporated. Spoon 1/3 cup mixture below center of each tortilla, and top with 2 TBS cheese. Fold in 2 sides of tortilla to enclose filling. Fold over top and bottom edges of tortillas, making rectangles. Secure with wooden toothpicks. Place folded side down, on baking sheets sprayed with baking spray. Coat chimichangas with cooking spray. Bake at 425 for 8 minutes and bake 5 more minutes. Remove toothpicks and top with remaining picante sauce and desired toppings.

Makes 10 servings @ 5-Points, 7 points plus