

Easy Cheesy Tortilla Bake

A family favorite sure to please!

6 servings

Ingredients:

- 8 flour tortillas (6- to 8-inch size)
- 1 can (10 3/4 ounces) tomato soup
- 1 cup chunky salsa or picante sauce
- 1/2 cup low fat milk
- 2 cups cubed cooked chicken or turkey
- 1 cup shredded cheddar cheese
(save 1/2 cup for topping)

Directions:

1. Preheat oven to 400 degrees.
2. Lightly coat a 2-quart baking dish with cooking spray.
3. Cut or tear tortillas into 1-inch pieces.
4. In a large mixing bowl, combine tortillas, soup, salsa, milk, chicken and 1/2 cup cheese.
5. Bake for 30 minutes or until hot. Remove from oven and sprinkle with remaining cheese.

Nutrition Facts: One serving provides 430 calories, 15g total fat, 55mg cholesterol, 1060mg sodium, 47g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Easy Cheesy Tortilla Bake
Corn
Lettuce Salad
Milk

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