

## Turkey Burritos

Yield: 12 burritos

### Ingredients:

3 cups diced cooked turkey  
1 tablespoon ground cumin  
1 tablespoon ground chili pepper  
1 teaspoon garlic powder  
12 6- or 7-inch flour tortillas  
10 ounces extra-sharp Cheddar, grated (about 3 cups)  
1 cup finely chopped red onion  
1/3 cup finely chopped fresh cilantro  
2 10-ounce cans enchilada sauce  
sour cream (optional)

### Procedure:

Mix the turkey with the cumin, chili pepper and garlic powder. Mound about 1/4 cup of the turkey mixture, 2 tablespoons of the Cheddar, 1 tablespoon of onion, and 1 teaspoon of the chopped cilantro across the middle of each tortilla, making sure to leave a 1-inch border around each tortilla where there is no filling. Roll up the tortillas jelly-roll fashion, and arrange each seam side down in a 13x9x2-inch baking dish or one of similar size. Pour the sauce over the burritos, sprinkle the burritos with the remaining onion and top with remaining cheese. Bake in a preheated 350 F oven for 15 to 20 minutes, or until the cheese is bubbly. Sprinkle the burritos with the remaining chopped cilantro. If desired, garnish each serving with a teaspoon-sized dollop of sour cream.

about 260  
calories and  
11 grams of fat  
per burrito

Each burrito also contains 24 percent of the daily recommendation for calcium, 21 percent for vitamin C, and 25 percent for vitamin A as beta carotene. To reduce the fat content of this recipe, consider using a reduced-fat cheese or cut back on the amount of cheese you use.



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