

excellent

CHICKEN TORTILLA SANDWICH

You can enjoy these tasty sandwiches hot or at room temperature. Tomato Salsa (page 280) and an avocado salad would make fine accompaniments.

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| 6 flour tortillas, 7 inches in diameter | 1 can (4 ounces) chopped green chilies, drained |
| 1 cup diced cooked chicken or turkey (4 ounces) | 1 clove garlic, minced |
| 1 cup shredded low-fat Monterey Jack cheese (4 ounces) | 1 teaspoon ground cumin |
| 1 small red onion, finely chopped ($\frac{1}{2}$ cup) | 2 tablespoons minced fresh cilantro (coriander) or 2 tablespoons minced parsley mixed with $\frac{3}{4}$ teaspoon dried cilantro |
| $\frac{1}{2}$ cup drained, chopped roasted sweet red peppers | 1 tablespoon olive or vegetable oil |

1 Preheat the oven to 400° F. Wrap the tortillas in aluminum foil and heat in the oven for 5 minutes or until warm. Preheat the broiler, setting the rack 6 inches from the heat.

2 Meanwhile, in a medium-size bowl, combine the chicken, cheese, onion, peppers, chilies, garlic, cumin, and cilantro. Spread an equal amount of the mixture in the center of each tortilla, then fold the tortilla in half to enclose the filling.

3 Brush both sides of each sandwich with the oil and transfer to a baking sheet. Broil for 2 $\frac{1}{2}$ to 3 minutes on each side or until crisp and blistered. Serve immediately or wrap the sandwiches in aluminum foil and refrigerate for up to 2 days, letting them come to room temperature before serving. Makes 6 sandwiches.

PREPARATION TIME: 20 MIN. COOKING TIME: 5 MIN.

Per sandwich: Calories 218; Saturated Fat 3 g; Total Fat 9 g; Protein 14 g; Carbohydrate 21 g; Fiber 2 g; Sodium 79 mg; Cholesterol 29 mg