

Cheesy Shrimp Enchilada Bake

Ingredients:

Sauce

1 can diced tomatoes
½ cup onion diced
1 clove garlic diced
4 chipotle chiles, finely diced
¼ tsp salt
½ Tbsp Olive Oil

Enchiladas

3 corn tortillas, halved
¼ cup diced Broccoli
¼ cup diced Red Pepper
1 cup Lime Shrimp
1 cup fat free cheddar
½ Tbsp Olive Oil



Sauce

Sauté the onions and garlic in ¼ Tbsp Olive Oil for 5 minutes then combine the rest of the sauce ingredients in a bowl.

Enchiladas –

Sauté the broccoli and red peppers in ½ Tbsp Olive Oil for 5 minutes and set aside.

Pour ¾ cup sauce into the bottom of a 10" baking dish. Press both sides of tortillas into sauce, then place 3 tortilla halves on top of sauce. Add half of Broccoli and Red Bell Pepper mix, half of lime shrimp and half of cheese. Layer the remaining 3 tortilla halves, Broccoli and Red Bell Pepper mix and Lime Shrimp.

Pour remaining sauce and cheese over shrimp. Bake 20 minutes covered with foil at 375 degrees then foil and bake until cheese bubbles, 10 minutes more.

This recipe courtesy Self magazine