Chilaquiles

Top with eggs for a tasty breakfast dish, or try it as a snack.

Makes 4 servings. *1 cup per serving.* | **Prep time:** 15 minutes | **Cook time:** 25 minutes

Nonstick cooking spray
⅓ cup chopped onion
3 cups chopped tomatoes
2 jalapeño peppers, stemmed, seeded, and finely chopped
2 cloves garlic, finely chopped
½ teaspoon dried oregano
½ teaspoon salt
8 (6-inch) corn tortillas, each cut into 6 wedges, crisped*
½ cup shredded reduced fat Cheddar and Monterey Jack (Mexican blend) or Cotija cheese

Optional Topping

Chopped fresh cilantro

1. Spray a large saucepan with nonstick cooking spray. Add onion and cook over medium-high heat for 5 minutes until lightly brown, stirring often.
2. Stir in tomatoes, peppers, garlic, oregano, and salt and cook for a few more minutes.
3. Pour mixture into a blender container, cover with a tight fitting lid, and blend until smooth.
4. Place mixture back into saucepan. Bring to a boil, and then simmer over medium heat for 5 minutes.
5. Add crisp tortillas to saucepan; cook for 2 to 3 minutes more.
6. Sprinkle with cheese then cover and let stand for a minute or so more to melt cheese.
7. Serve immediately, topped with cilantro, if you like.

**To crisp tortilla wedges, spray on both sides with nonstick cooking spray. Bake in a single layer at 425°F for 10 to 12 minutes or until lightly browned and crisp.*

Nutrition information per serving:

Calories
180

Carbohydrate
29 g

Dietary Fiber
5 g

Protein
7 g

Total Fat
5 g

Saturated Fat
2 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
420 mg