

# SMOKED TUNA ENCHILADAS

## INGREDIENTS:

1 lb of smoked tuna

4 green onions, diced

1/2 bell pepper, diced

1 jalapeno, minced

3 cans (10 oz) cans of green enchilada sauce

8 whole wheat tortillas

1 cup low-fat cheddar

As much lettuce as you want shred and eat

## DIRECTIONS:

1. Preheat oven to 350.
2. In large skillet throw in green onions, bell pepper, jalapeno, and cilantro. Over medium heat sauté till tender. About 5 minutes.
3. Cut the tuna up into bite-size portions and toss that in the skillet too with 10oz of the green enchilada sauce. Cook, stirring occasionally for about 5 minutes until the mixture is heated thoroughly.
4. Pour the remaining two cans of enchilada sauce in a bowl and dip each tortilla in it. Fill the tortilla with 1/8 of the tuna mixture and roll it up. Place seam-side down in the baking dish.
5. Once all are made, pour the remainder of the sauce on the enchiladas and sprinkle with cheese. Bake for about 15 minutes until the cheese is melted.
6. Serve atop lettuce and enjoy!

**VOILA!**