

# CHICKEN ENCHILADA DIP

## INGREDIENTS:

1/2 CUP LIGHT/REDUCED-FAT CREAM CHEESE  
1/2 CUP FAT-FREE REFRIED BEANS  
1/2 CUP RED ENCHILADA SAUCE  
1/2 TSP. GROUND CUMIN  
ONE 10-OZ. CAN WHITE CHUNK CHICKEN BREAST  
IN WATER, DRAINED AND FLAKED  
1/4 CUP SHREDDED REDUCED-FAT MEXICAN-  
BLEND CHEESE

## DIRECTIONS:

1. PLACE CREAM CHEESE IN A MEDIUM-LARGE MICROWAVE-SAFE BOWL, AND STIR UNTIL SMOOTH. ADD BEANS, ENCHILADA SAUCE, AND CUMIN. MIX UNTIL UNIFORM.
2. STIR IN CHICKEN. MICROWAVE FOR 2 MINUTES.
3. TOP WITH SHREDDED CHEESE.
4. MICROWAVE FOR 1 MINUTE, OR UNTIL CHEESE HAS MELTED AND ENTIRE DISH IS HOT.

