

- » 1/4 (12 oz) can evaporated skim milk
- » 1 egg white
- » 3 tbsp shredded cheddar cheese, divided
- » 2 sliced green onions
- » 2, 6-inch corn tortillas, torn into 2-inch strips
- » 1/4, 7-oz can chopped green chilies
- » 2 tbsp salsa, divided
- » Nonstick vegetable cooking spray
- » 1tbsp low-fat sour cream
- » 1/2 tbsp chopped fresh cilantro

Nutritional Content

Per Serving

Calories	366cal	Cholesterol	31mg
Protein	20g	Sodium	751mg
Carbohydrate	44g	Calories from Fat	24%
Fat	10g	Fiber	3g
Saturated Fat	6g		

Preheat oven to 375°F. In a bowl, combine evaporated skim milk, egg white, 2 tbsp shredded cheese, green onions, corn tortilla pieces, green chilies, and 1 tbsp salsa. Mix well. Pour into a small casserole dish that has been sprayed with nonstick vegetable cooking spray. Bake for 15 minutes. Remove from oven and add remaining shredded cheese on top. Return to oven 1 minute or until cheese is melted. Garnish each serving with 1 tbsp salsa, sour cream, and chopped cilantro leaves. Serves 1.