



Dinner Tonight!

Baked Beef Chimichangas

1 pound lean ground beef
1-1/2 cups picante sauce, divided
1/2 cup shredded reduced-fat Mexican blend cheese
1 teaspoon ground cumin
1 teaspoon dried oregano
6 (8 inch) whole wheat flour tortillas
1 Tablespoon butter or margarine, melted

Brown the ground beef; drain. In a small bowl, combine beef, 3/4 cup picante sauce, cheese, cumin and oregano. Spoon 1/2 cup mixture down the center of each tortilla. Fold sides and ends over filling and roll up. Place seam side down in a baking dish coated with cooking spray. Brush with melted butter.

Bake, uncovered, at 375° F for 20-25 minutes or until heated through. Top with remaining picante sauce.

Preparation Time: 20 minutes
Cook Time: 20 minutes
Serves: 6
Cost per serving: \$1.50

Nutrition facts per serving
Calories: 269
Total Fat: 8 g
Cholesterol: 39 mg
Sodium: 613 mg
Total Carbohydrate: 31 g
Protein: 17 g
Fiber: 1 g

Serve with: Salad, Spanish rice or baked tortilla chips