

## Shrimp Enchiladas

1 cup salt-free chicken broth  
½ pound small shrimp, peeled and deveined  
½ teaspoon salt  
1 tablespoon reduced calorie margarine  
½ cup finely chopped onions  
2 tablespoons all-purpose flour  
3 jalapeno peppers, chopped  
½ teaspoon granulated garlic  
½ teaspoon dried oregano leaves, crushed  
½ teaspoon ground cumin  
½ cup evaporated skim milk  
4 corn tortillas

In a medium skillet over high heat, bring half of the broth to a boil. Add the shrimp and the salt, cook and stir for 8 minutes. Remove from the heat and transfer the shrimp and cooking broth to a bowl, set aside. In the same skillet over high heat, melt the margarine. Add the onions and sauté for 3 minutes. Add the flour; cook and stir for 2 minutes. Stir in the remaining broth, the peppers, garlic, oregano and cumin; cook, stirring for 5 minutes. Add the milk and shrimp with broth. Cook for 8 minutes, or until the sauce thickens, stirring often. Remove from the heat and set aside.

In small, cast iron skillet over medium heat, brown the tortillas for one minute on each side. Place each tortilla on a serving plate and spoon ¼ cup of the shrimp filling into the middle; fold each tortilla in thirds across the filling and turn it seam side down. Serve immediately.

Courtesy of  
Dr. Catherine A. Hebert  
(985) 626-0111