



## Seafood Enchiladas

16 oz. reduced fat cream cheese  
2 T parsley  
2 t dill  
1 t garlic powder  
1 t onion powder  
1/2 t chives  
1/2 t pepper  
1/2 t cumin  
Pinch of salt  
1/2 c milk, divided

2 T canola oil  
1/4—1/2 t cayenne  
1 red onion, diced  
4 cloves garlic, minced  
1 lb. fresh or packaged crab meat  
2.25 oz. can sliced black olives  
12 oz. [salsa verde](#), divided  
Salt and pepper to taste  
2-1/2 cups Colby Jack cheese, shredded  
8-12 whole grain tortilla shells (8 inches)

Preheat oven to 350F. Combine cream cheese and seasonings (from parsley through salt), and 1/4 c milk. Set aside in two portions, a large portion and a smaller 1/2-3/4 cup portion for topping.

Heat the oil and cayenne in a skillet and sauté the onion for 3 to 4 minutes. Next add the minced garlic and sauté until fragrant (about 30 seconds). Stir in the crab meat, olives and about 9 oz. of the Salsa Verde. Season with salt and pepper to taste.

In a large bowl combine the greater of the cream cheese portions with the crab onion mixture from the skillet. Fold in about 1-1/2 cups of the Colby Jack. Mix well and spread evenly in the center of the tortilla shells. Roll and place seam side down in a greased baking dish. Pour remaining Salsa Verde over the top of the enchiladas.

Finally, add the remaining 1/4 c milk to the cream cheese reserved for the topping. Mix thoroughly and spread over the enchiladas and Salsa Verde. Top with remaining Colby Jack cheese, sprinkle with dill, chives, salt and pepper to taste. Cover and bake for 25 minutes. Next uncover and bake for another 5-10 minutes longer.

Serve immediately. Optional toppings: green onions, tomatoes, salsa, and/or olives.