



CREAMY SALMON AND CRAB ENCHILADAS

- 1 bottle **Crown Prince Natural Clam Juice**
- 2 cans **Crown Prince Natural Skinless & Boneless Pink Salmon**, drained and flaked
- 1 can **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 1/4 cup unsalted butter
- 1/4 cup all-purpose flour
- 1 10.75 ounce can condensed cream of chicken soup
- 1 cup sour cream
- 1/2 cup salsa
- salt to taste
- 1 cup small curd cottage cheese
- 1 1/2 cups shredded Monterey jack cheese
- 1 4 ounce can diced green chilies
- 12 small flour tortillas



Preheat oven to 350°F. Melt butter in a saucepan over low heat. Stir in flour until smooth. Gradually stir in clam juice and soup until blended. Bring to a boil, cook and stir for 2 minutes. Remove from heat. Stir in sour cream, salsa and salt. Set aside. In a large bowl mix cottage cheese, salmon, crab, shredded cheese and chilies. Set aside. Spread 3/4 cup sauce evenly in a greased 13" x 9" baking dish. Place about 1/3 cup seafood mixture down the center of each tortilla. Roll up and place seam side down, over sauce. Top with remaining sauce. Bake uncovered for 30-35 minutes or until heated through. *Serves 6.*

NOTE: Serve with additional sour cream and salsa.

Per Serving: 642 Calories (244 Calories from Fat), 28g Fat, 39g Protein, 57g Carbohydrate, 98mg Cholesterol, 1555mg Sodium