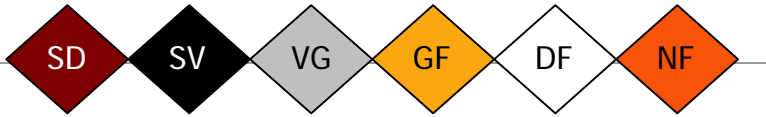


Healthy Swaps Creamy Queso Chicken Enchiladas

(*see dietary notes)



Recipe by: Chef Kelly Yorke

This recipe was inspired from a traditional favorite Sour Cream and Cheese Chicken Enchilada recipe that contained 882 calories and 60 grams of fat per serving! With just a few swaps of ingredients this updated version is a healthier 490 calories and 17 grams of fat per serving.

This is a good recipe for using up leftover chicken. Corn tortillas are recommended for a more authentic enchilada flavor. If you purchase your corn tortillas, make sure they are not the extra thin variety; they tend to split and fall apart when rolled. This enchilada recipe freezes & thaws well so make a double batch or split one batch into two and freeze one for a quick re-heat meal at another time.

Ingredients:

12	Corn Tortillas
1	Onion, diced, about 6 – 7 ounces
1 Tbsp.	Garlic, minced
1 Tbsp.	Olive oil
1 Tbsp.	Butter
2 Tbsp.	Mochiko or Sweet Rice Flour
1 – 3/4 cup	Low Sodium Chicken Broth
1/2 cup	Diced Tomatoes, 10 oz. can, drained
4 oz. can	Green chili peppers, chopped
2 Tbsp.	Chipotle Chili in adobo sauce, canned, about 1 – 1/2 chillies chopped
1/2 tsp.	Salt
1 – 1/2 cups	Shredded Mexican Cheese Blend, Reduced Fat
1 cup	Greek Yogurt, Plain, 0% fat
1 – 1/2 lbs.	Cooked Chicken Breast, chopped or shredded
1/4 cup	Green onions, sliced
1/4 cup	Fresh Cilantro, chopped



Directions:

1. Place olive oil and butter in a saucepan.
2. Wrap tortillas in foil and place in a pre-heated 250° F oven. Spray one 9 x 13 inch baking dish with non-stick cooking spray, reserve.
3. In the sauce pan, heat and sauté the onion and garlic over medium-high heat in the oil and butter until soft but not browned. Place the Mochiko rice flour in a separate bowl and stir in the chicken broth to make slurry.
4. Pour in the chicken broth slurry into the sauce pan with the onions and garlic while stirring briskly, continue cooking and stirring until the sauce thickens, about 3 to 4 minutes. Add the green chilies, tomatoes, chipotle in adobo sauce, salt and stir until blended. Add the shredded cheese and stir until the sauce is smooth and creamy. Reduce heat to low. Stir in the yogurt until fully incorporated. Remove pot from heat and cover to keep warm.
5. In a separate bowl, combine the chopped or shredded chicken breast meat with one cup of the warm sauce and about half of the chopped green onions and cilantro.
6. Remove the tortillas from the oven; they should be warm, softened, and pliable. Increase oven temp to 350° F. Portion about 1/4 cup of the chicken mixture across the bottom third of each tortilla and then roll them up. Place enchilada seam side down in the prepared oven-proof baking dish. Continue the process with the rest of the enchiladas. Once all the enchiladas are rolled and placed in the dish, use a ladle to portion the rest of the sauce over the chicken enchiladas.
7. Bake in the preheated 350° F. oven for 20-30 minutes or until nice and bubbly hot. Sprinkle with sliced green onions and cilantro. Serve immediately.

YIELD: 6 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace butter with 1 tablespoon of olive oil. Replace chicken broth with 1 – 3/4 cup vegetable broth. Replace shredded dairy cheese blend with 1 – 1/2 cups shredded soy cheese. Replace 1 cup Greek yogurt with 1 cup soy yogurt. Replace 1 – 1/2 lbs. of chicken with 1 – 1/2 lbs. of chopped vegetables or shredded seitan or chopped firm tofu.
- To make Vegetarian (VG) Replace 1 – 1/2 lbs. of chicken with 1 – 1/2 lbs. of chopped vegetables or shredded seitan or chopped firm tofu or chopped cooked vegan sausage.
- To make gluten-free (GF), use gluten-free chicken broth and corn tortillas. Check labels to ensure not gluten is hidden or at risk for cross contamination in manufacturing process.

Per Serving: 490 Calories, 33g Carbohydrates, 17g Fat, 54g Protein, 4g Dietary Fiber, 117mg Cholesterol, 770mg Sodium