

# Chicken Enchiladas

**Servings: 8**

Revised April 4, 2012

## Ingredients:

- 16 oz. *boneless, skinless, chicken breasts*
- 1 medium *onion, chopped*
- 8 oz. *fresh mushrooms*
- 2 cups *fresh salsa*
- 1¼ cups low fat *sour cream*
- 1 tsp. *garlic powder*
- ½ tsp. *cumin*
- 1 can [4 oz.] *green chilies*
- 1.5 oz. *Shredded cheese (cheddar, jalapeno jack, whatever you like)*
- 16 *Corn tortillas (about 6-inches and 90-calories each)*

## Directions:

1. Preheat oven to 375°. Put tortillas in a covered baking dish (you may want to cover or wrap them in a damp paper towel so they don't start to dry out). Once the oven is warm place them in the oven just long enough to warm up to they are easier to work with in "filling" step.
2. Broil chicken breasts about 10-minutes on each side. I put the oven rack on the second rung down, place the chicken on a cookie sheet (sprayed with Pam). They will cook more evenly if you flatten them with a meat mallet or rolling pin first. Remove from oven and let cool.
3. Sauté the onion and mushrooms on medium-low heat until cooked through (about 15-minutes).
4. While the onions are cooking, dice the chicken. (You should have the tortillas out of the oven by now.)
5. In a large mixing bowl, mix everything together: chicken, onion-mushroom mixture, chilies, cheese, salsa, sour cream and spices.
6. Spoon about 1/3 cup filling onto each tortilla and roll up. Place seam side down in a large casserole dish that has been sprayed with cooking spray. If you have filling left over spread it on the top, and cover dish with foil.
7. Bake at 375° for 40-minutes. Let sit for 10-minutes before serving.

## Optional add-ons: (not included in Nutrition data)

- Light sour cream
- Fresh Salsa
- Guacamole

## Nutrition: (Serving size: Two enchiladas)

calories: 370    protein: 32g    total carbohydrate: 40g    total fat: 7.5g  
sugars: 6.8g    sodium: 812mg    dietary fiber: 2.7g    saturated fat: 3.3g