# CHICKEN ENCHILADAS



**INGREDIENTS** Serves: 6 | Serving Size: 2 enchiladas



no salt added canned chicken

2 - 12.5 oz cans



fat-free, low sodium canned cream of mushroom soup

1 - 10.5 oz can



non-fat plain Greek yogurt

6 oz



canned diced green chiles

1 - 4 oz can



onion

1 cup, diced



butter

1 tablespoon



whole wheat tortillas

12 each



shredded cheddar cheese

1/2 cup



tomato (optional)

1 tomato, diced

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# **INSTRUCTIONS**

#### 1. PREHEAT OVEN



Preheat oven to  $350^{\circ}$ F. Lightly oil a 9 x 13 casserole pan.

#### 3. COMBINE FILLING INGREDIENTS



Add chicken, mushroom soup, yogurt, and green chilies to onion bowl. Mix well, breaking up chicken.

#### 5. BAKE



Bake for 20 minutes. Carefully remove from oven, cover tortillas with shredded cheese. Bake another 10 minutes or until cheese melted. Serve with diced tomato as garnish.

## NUTRITION INFORMATION

Calories: 370 Total Carbohydrate: 45g Protein: 29g
Total Fat: 9g Dietary Fiber: 1g Sodium: 530mg

#### 2. MICROWAVE ONION & BUTTER



Place diced onion and butter in a large microwavable bowl. Microwave onions on high for 2 minutes to sauté.

#### 4. ROLL UP ENCHILADAS



Add mixture to the center of the tortilla in a line, then roll up the tortilla, and place it in the cake pan, seam side down. Continue until you have used up all your chicken mixture and tortillas.