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° 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.