

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



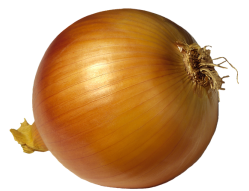
**non-fat plain
Greek yogurt**

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.

2. MICROWAVE ONION & BUTTER



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

3. COMBINE FILLING INGREDIENTS



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

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.

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

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