

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking?

White Chicken Enchiladas

Ingredients:

- 2 cups (cooked) shredded chicken breast
 - 1 teaspoon cumin, divided
 - 1 teaspoon chili powder
 - 1/2 cup salsa, no sugar added (optional verde sauce)
 - 1 1/2 cups shredded Mexican Style Cheese, reduced-fat
 - 2 tablespoons butter
 - 2 tablespoons flour
 - 2 cups chicken broth, fat-free
 - 1 (4-ounce) can diced green chiles
 - 1 (8-ounce) container sour cream, reduced-fat
 - 1/2 teaspoon sea salt
 - 1/2 teaspoon black pepper
 - 8 (6-inch) whole grain flour tortillas, optional corn tortillas
- 1/4 cup finely chopped cilantro

Directions:

Preheat oven to 375 degrees. Combine shredded chicken breast with, 1/2 teaspoon cumin, chili powder, and salsa. Evenly distribute chicken mixture over center of tortillas, roll and place seam side down in a 9 x 13-inch casserole pan. Set aside. In a large pot, melt butter over medium heat and sprinkle in flour. Cook for 1 minute while stirring continuously. Slowly pour in chicken broth. Stir until mixture starts to thicken, about 6 minutes. Add 1/2 teaspoon cumin, 1 cup cheese, green chiles, sour cream, salt and pepper. Stir until cheese is melted. Pour white sauce over enchiladas, sprinkle on 1/2 cup cheese and bake 25 minutes, or until cheese is lightly golden. Sprinkle chopped cilantro over enchiladas..

Nutrition Facts per Serving:

Yields: 8 (6-inch) enchiladas | Serving Size:
1 enchilada | Calories: 316 | Total Fat: 17g
| Saturated Fat: 8g | Trans Fat: 0g | Cho-
lesterol: 62mg | Sodium: 380mg | Carbo-
hydrates: 24g | Fiber: 2g | Sugar: 11g |
Protein: 18g

HEALTHY TIP:

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

Source: Academy of Nutrition and Dietetics

Source: Skinny Ms.