

# Green Chile Chicken Enchiladas

**Yield:** 8 servings (serving size: 2 enchiladas)

## Ingredients

- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups finely chopped onion, divided
- 2 teaspoons dried oregano
- 1/2 teaspoon salt
- 4 (6-ounce) skinless, boneless chicken breast halves
- 2 garlic cloves, minced
- 1/2 cup fat-free sour cream
- 3 cups [Green Chile Sauce](#) Make this first, recipe is below.
- Cooking spray
- 16 (6-inch) white corn tortillas
- 3/4 cup (3 ounces) shredded Monterey Jack cheese
- 1-1/2 cup (2 ounces) shredded cheddar cheese

## Preparation

Combine broth, 1 cup onion, and next 5 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 15 minutes or until chicken is done. Remove chicken from pan; chill 15 minutes. Reserve broth mixture for another use. Shred chicken into bite-sized pieces. Combine chicken, remaining 1/2 cup onion, sour cream and 1 cup of shredded cheddar cheese in a bowl, stirring well.

Preheat oven to 350°.

Spread 1/4 cup Green Chile Sauce in the bottom of each of 2 (11 x 7-inch) baking dishes coated with cooking spray. Warm tortillas in the microwave for 30 seconds. Spoon about 1/3 cup chicken mixture down center of each tortilla; roll up. Place 8 filled tortillas, seam-side down, in each dish; pour 1 1/4 cups of remaining Green Chile Sauce over filled tortillas in each dish. Combine Monterey Jack cheese with remaining cheddar cheese in a bowl. Sprinkle half of cheese mixture evenly over filled tortillas in each dish. Bake at 350° for 30 minutes or until thoroughly heated.

# Green Chile Sauce

## Ingredients

- 6 fresh green chiles (Anaheim, Big Jim, Joe E. Parker or other mild to medium chiles)
- 1 tablespoon canola oil
- 2 cups chopped onion
- 2 garlic cloves, minced
- 1 tablespoon all-purpose flour
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 (14-ounce) can fat-free, less-sodium chicken broth

## Preparation

Preheat broiler.

Place chiles on a foil-lined baking sheet; broil 14 minutes or until blackened and charred, turning after 7 minutes. Place in a heavy-duty zip-top plastic bag; seal. Let stand 15 minutes. Peel and discard skins. Cut a lengthwise slit in each chile. Remove and discard seeds and tops. Chop chiles to measure 3/4 cup.

Heat canola oil in a medium saucepan over medium-high heat. Add onion to pan; sauté 5 minutes or until tender. Add garlic; sauté for 1 minute. Stir in flour; cook 1 minute. Add chiles, coriander, salt, and broth; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally. Place half of chile mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed chile mixture to pan; stir well. Remove from heat; cool completely.