

Chicken Enchiladas with Salsa Verde

A squeeze of lime juice brightens the flavor of this hearty Mexican dish. The enchiladas are mild, so serve with hot sauce, if desired. If you can't find queso fresco, use 1/4 cup shredded Monterey Jack cheese or Monterey Jack with jalapeño peppers. Total time: 45 minutes.



Randy Mayor

1 cup chopped onion
1/4 cup chopped fresh cilantro
2 garlic cloves, minced
1 (7-ounce) bottle salsa verde (such as Herdez brand)
2 cups shredded cooked chicken breast
1/3 cup (3 ounces) 1/3-less-fat cream cheese, softened
1 cup fat-free, less-sodium chicken broth
8 (6-inch) corn tortillas
Cooking spray
1/4 cup (1 ounce) crumbled queso fresco
1/2 teaspoon chili powder
4 lime wedges
Cilantro sprigs (optional)

Preheat oven to 425°.

Combine first 4 ingredients in a blender; process until smooth. Combine chicken and cream cheese in a large bowl. Stir in 1/2 cup salsa mixture. Reserve remaining salsa mixture.

Bring broth to a simmer in a medium skillet. Working with one tortilla at a time, add tortilla to pan; cook 20 seconds or until moist, turning once. Remove tortilla; drain on paper towels. Spoon about 1/4 cup chicken mixture down center of tortilla; roll up. Place tortilla, seam-side down, in an 11 x 7-inch baking dish coated with cooking spray. Repeat procedure with remaining tortillas, broth, and chicken mixture.

Pour remaining salsa mixture over enchiladas; sprinkle evenly with queso fresco and chili powder. Bake at 425° for 18 minutes or until thoroughly heated. Serve with lime wedges. Garnish with cilantro sprigs, if desired.

Yield: 4 servings (serving size: 2 enchiladas and 1 lime wedge)

CALORIES 327(26% from fat); FAT 9.5g (sat 4.4g,mono 2.9g,poly 1.3g); PROTEIN 28.5g;
CHOLESTEROL 78mg; CALCIUM 149mg; SODIUM 493mg; FIBER 3.3g; IRON 1.8mg;
CARBOHYDRATE 31g
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