

PRESIDENT BILL CLINTON

CHICKEN ENCHILADAS

6
SERVINGS

15 MINS
PREP TIME

45 MINS
COOK TIME

INGREDIENTS

- 2 tablespoons cooking oil
- 1 8-ounce can diced green chilies
- 1 garlic clove, minced
- 1 28-ounce can tomatoes
- 2 cups onions, chopped
- 1 teaspoon salt
- ½ teaspoon oregano
- 3 cups cooked chicken, shredded
- 2 cups sour cream
- 2 cups cheddar cheese, grated
- ⅓ cup cooking oil
- 12–15 corn tortillas

INSTRUCTIONS

1. Preheat your oven to 250°F.
2. Preheat 2 tablespoons of oil in a skillet.
3. Sauté diced chilies with minced garlic in oil.
4. Drain and break up tomatoes, reserving ½ cup liquid.
5. Add tomatoes, 1 teaspoon salt, oregano, and reserved tomato liquid.
6. Simmer, uncovered until thick, about 20 minutes.
7. Remove sauce from skillet and set aside.
8. Combine chicken with sour cream, cheese, and remaining salt.

CHICKEN ENCHILADAS



INSTRUCTIONS (CONTINUED)

9. Heat ⅓ cup oil.
10. Gently warm tortillas in oil until they're soft and malleable. Drain well on paper towels.
11. Fill tortillas with chicken mixture. Roll up.
12. Arrange side by side, seam side down, in a 9"x13"x2" baking dish.
13. Pour chili sauce over enchiladas.
14. Bake until heated through, about 20 minutes.

NUTRITION PER SERVING (6 SERVINGS)

Calories 780 · Total Fat 48g · Saturated Fat 18g · Sodium 1,060mg · Total Carbohydrates 48g · Dietary Fiber 7g · Added Sugars 0g · Protein 45g

DIETITIAN'S NOTE

To cut calories and fat while adding protein, replace the sour cream with non-fat Greek yogurt. Use an oil mister instead of ⅓ cup of oil when heating up the tortillas; that would prevent the tortillas from absorbing as much oil. To reduce the sodium content, use low-sodium canned tomatoes, reduce salt to ½ teaspoon, and use less cheddar cheese.

Adapted from: Food.com