

Baked Chicken Enchiladas

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

2 CHICKEN BREASTS, COOKED AND DICED

1 ½ T BUTTER

1 SM ONION, DICED

1 PEPPER, DICED

2 GARLIC CLOVES, MINCED

½ C SALSA

1 T TACO SEASONING

2 C SHARP CHEDDAR CHEESE, SHREDDED

10 (8") GF AND/OR LOW CARB TORTILLAS

1 CAN CREAM OF MUSHROOM

¾ C PLAIN NONFAT GREEK YOGURT

¼ C 1% MILK

DIRECTIONS:

COOK DICED CHICKEN AND SET ASIDE. MELT BUTTER IN LG SAUCEPAN AND SAUTE ONION, PEPPER AND GARLIC UNTIL SOFT. REMOVE FROM THE HEAT AND ADD THE SALSA, CHICKEN, TACO SEASONING AND ½ C CHEESE. IN A SEPARATE BOWL, MIX THE CREAM OF MUSHROOM, YOGURT AND MILK. ADD ½ C OF SAUCE TO THE CHICKEN MIXTURE. ADD A FULL ¼ C CHICKEN FILLING TO EACH TORTILLA AND ROLL. PLACE SEAM DOWN IN A GREASED 9X13 BAKING DISH. CONTINUE UNTIL FINISHED. POUR THE REMAINING SAUCE OVER THE TORTILLAS. SPRINKLE THE REMAINING CHEESE OVER THE TOP. BAKE AT 400 FOR 20 MINS OR UNTIL CHEESE IS BROWNED AND BUBBLING. GARNISH WITH CILANTRO AS DESIRED AND SERVE WITH SALSA.

TO FREEZE:

PREPARE AS DIRECTED AND PLACE IN FREEZER SAFE 9X13 BAKING DISH. SEAL TIGHTLY AND FREEZE. PRIOR TO BAKING ALLOW TO THAW OVERNIGHT IN FRIDGE. BAKE AS INSTRUCTED ABOVE. LEFTOVERS CAN ALSO BE FROZEN AS DESIRED

MACROS PER SERVING: 272 CALS 11G NET CARBS 14G FAT 25G PROTEIN.