

# Chicken Enchiladas Verde

SERVINGS: **10 SERVINGS**

1 enchilada @ 6 points, 7 pointsplus

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## Ingredients

- 1** roasted or rotisserie chicken, skin removed and meat shredded or cut into bite-size pieces (3 to 4 cups)
  - 2/3** cups chopped green onions, white and part of the green
  - 8** ounces reduced-fat shredded Monterey Jack cheese
  - 10** flour tortillas (use higher-fiber tortillas to increase the fiber)
  - 5** tablespoons fat free half-and-half
- Verde (green) Sauce:
- 2** cups coarsely chopped fresh or canned, drained tomatillos (Mexican green tomatoes)
  - 1** cup chopped fresh cilantro
  - 2** - to 4-ounce can chopped green chilies (mild or hot, depending on your preference)
  - 1** cup fat-free sour cream
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## Directions

1. Preheat oven to 375 degrees. Coat a 9x13-inch baking pan with canola cooking spray.
  2. Add shredded chicken, green onions, and shredded cheese to a large mixing bowl and toss well to blend.
  3. One by one, heat tortillas in a nonstick frying pan until softened. Lay a heaping 1/3 cup of chicken down the middle of each tortilla. Add 1 1/2 teaspoons of fat-free half-and-half down the center of each. Roll up the tortillas and place seam-side down in the prepared pan.
  4. Bake for about 25 minutes. Pan can be covered or uncovered - it works both ways.
  5. To make the verde sauce, add tomatillos, cilantro, and green chilies to a food processor and pulse briefly (the texture should be somewhat chunky, not pureed). Stir in the sour cream.
- Serve the enchiladas with a spoonful of verde sauce over the top.
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