

Chicken Enchiladas

Traditionally, enchiladas are soft tortillas dipped in salsa, filled, and then baked. In my version, chopped tomatoes mix with spinach and jalapeño to make a savory “salsa” on the inside. Enchiladas are a great dish to make-ahead dish that can be gently warmed before serving.

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 small yellow or white onion, chopped
- 1 large jalapeño, seeded and chopped
- 1 large clove garlic, chopped
- 1 15-ounce can chopped tomatoes
- 1 4-ounce can chopped green chile peppers
- 2 cups baby spinach leaves
- 2 6-ounce chicken breasts, cooked, thinly sliced
- 1/2 teaspoon oregano
- 1/2 teaspoons salt
- 1/4 cup reduced-fat sour cream
- 2 cups shredded part-skim mozzarella cheese
- 8 small whole grain flour tortillas
- non-stick cooking spray

Directions

Coat a 8X12 baking dish with cooking spray. Set aside. Preheat the oven to 400° F.

Heat a large skillet over medium-high heat. Add olive oil. When oil is hot add the onion, jalapeño, and garlic. Cook 7-8 minutes, stirring occasionally, until the onions begin to soften but does not turn brown. Add the tomatoes along with their juices, spinach, chicken, oregano, and salt. Stir until the tomato juice coats the chicken and spinach.

Wrap ½ cup of the chicken mixture in each tortilla. Lay the tortillas seam-side down in the baking dish. Spoon the sour cream over the tops of the tortillas and sprinkle with cheese.

Bake 10-15 minutes uncovered until the cheese begins to brown and the filling is warm. Serve immediately.

Make It A Meal

Serve with Guacamole, Refried Beans with Turkey Bacon, or Cinnamon Rice Pudding

Wine Pairings

Gewürztraminer, Rose

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