

Quick Chicken Enchiladas

Servings: 6 servings (2 enchiladas)

Total Time: 20 minutes

Source: Home Cooking Memories

Ingredients:

1 onion, chopped	1 cup unsalted chicken stock	1 Tbsp. all-purpose flour	1 1/2 Tbsp. chili powder
2 teaspoons ground cumin	3/4 teaspoon garlic powder	1/2 teaspoon crushed red pepper	1/4 teaspoon salt
15 ounce can unsalted tomato sauce	3 cups shredded skinless rotisserie chicken breast	15oz can black beans, rinsed & drained	12 (6-inch) corn tortillas
Cooking spray	3/4 cup Mexican blend cheese, shredded	1/4 cup fresh cilantro, chopped	1 large tomato, chopped
6 Tbsp. plain, nonfat Greek yogurt			

Directions:

1. Preheat broiler to high setting. Spray a 13x9 glass baking dish with cooking spray.
2. Combine the onion, chicken stock, flour, chili powder, cumin, garlic powder, crushed red pepper, salt and tomato sauce with a whisk in a medium skillet and bring to a boil. Once boiling, let sauce cook for 3-5 minutes, or until thickened. Reserve 1 1/2 cup sauce in a separate bowl and place aside.
3. Add black beans and chicken to skillet with remaining sauce, and cook for 3-5 minutes, or until heated.
4. Wrap stack of corn tortillas in a damp paper towel and warm in the microwave for 25 seconds.
5. Spoon 1/3 cup of chicken mixture into the middle of each tortilla and roll up. Place each enchilada seam side down in the glass baking dish. Top each tortilla with reserved sauce and cheese.
6. Place dish in the broiler for about 3 minutes, or until cheese is lightly brown and sauce is bubbly.
7. Top enchiladas with tomato, cilantro and a dollop of yogurt before serving.

Nutrition Information per serving: 400 calories, 8g total fat, 3g saturated fat, 9g fiber, 28g protein, 50g carbohydrate, 570mg sodium

